MATRIX

Strong • Smart • Beautiful

U**7xi** R**7xi** H**7xi**

U**7xe** R**7xe** H**7xe**

U**5x** R**5x** H**5x**

U**3x** R**3x** H**3x**

CYCLES OWNER'S MANUAL

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IMPORTANT PRECAUTIONS

SAVE THESE INSTRUCTIONS

When using Matrix Cycles, basic precautions should always be followed. Read all instructions before using this product. It is the responsibility of the owner to ensure that all users of this product are adequately informed of all warnings and precautions. If you have any questions after reading this guide, contact Customer Tech Support.

This product is intended for commercial use. To ensure your safety and protect the equipment, read all instructions before operating.

⚠ DANGER

TO REDUCE THE RISK OF ELECTRICAL SHOCK:

Always unplug the unit from the electrical outlet immediately after using, before cleaning, performing maintenance and putting on or taking off parts.

⚠ WARNING

TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK OR INJURY TO PERSONS:

- Use this exercise bike for its intended purpose as described in this manual. Do not use attachments that have not been recommended by the manufacturer.
- Never operate the exercise bike if it is not working properly, or if it has been damaged. Contact Customer Tech Support or the authorized dealers for examination and repair.
- Do not use the exercise bike without proper footwear. NEVER operate the exercise bike with bare feet.
- Do not wear any clothing that might catch on any moving parts of this exercise bike.
- Keep hands and feet clear at all times from moving parts to avoid injury. Never turn the pedal cranks by hand.
- Do not dismount the exercise bike until the pedals are at a complete STOP.
- Do not attempt to ride the exercise bike in a standing position at high RPMs until you have practiced at slower speeds.
- Do not insert any object, hands or feet into any openings, or expose hands, arms or feet to the drive mechanism or other potentially moving part of the exercise bike.
- Do not use any equipment that is damaged or has worn or broken parts. Use only replacement parts supplied by Customer Tech Support or the authorized dealers.
- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
- Close supervision is necessary when used near children.
- Close supervision is necessary when used by or near people with disabilities.
- Ensure that adjustment levers (seat and handlebar fore-and-aft) are properly secured and do not interfere with range of motion during exercise.
- Incorrect or excessive exercise may result in serious injury or death. If you experience any kind of pain, including but not limited to chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.

⚠ WARNING

- Do not jump on the unit.
- At no time should more than one person be on unit while in operation.
- This unit should not be used by persons weighing more than specified in the OWNER'S MANUAL SPECIFICATIONS SECTION. Failure to comply will void the warranty.
- Keep power cord away from heated surfaces. Do not carry this unit by its supply cord or use the cord as a handle.
- Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
- Use the unit only as described in the unit guide and owner's manual.
- Disconnect all power before servicing or moving the equipment. To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)
- The unit should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- At NO time should pets or children under the age of 14 be closer to the unit than 10 feet.
- At NO time should children under the age of 14 use the unit.
- Children over the age of 14 should not use the unit without adult supervision.
- Never operate the unit if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or immersed in water. Return the unit to a service center for examination and repair.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- Do not remove the console covers unless instructed by Customer Tech Support. Service should only be done by an authorized service technician.
- Heart rate monitoring systems may be inaccurate.
- Over exercising may result in serious injury or death.
- If you feel faint, stop exercising immediately.

CAUTION

CONSULT A PHYSICIAN BEFORE USING THIS EQUIPMENT.
READ OWNER'S MANUAL BEFORE USE.

It is essential that your unit is used only indoors, in a climate controlled room. If your unit has been exposed to colder temperatures or high moisture climates, it is strongly recommended that the unit is warmed up to room temperature before first time use. Failure to do so may cause premature electronic failure.

DEDICATED CIRCUIT AND ELECTRICAL INFO

A "Dedicated Circuit" means that each outlet you plug into should not have anything else running on that same circuit. The easiest way to verify this is to locate the main circuit breaker box, and turn off the breaker(s) one at a time. Once a breaker has been turned off, the only thing that should not have power to it are the units in question. No lamps, vending machines, fans, sound systems, or any other item should lose power when you perform this test.

Non-looped (isolated) neutral/grounding means that each circuit must have an individual neutral/ground connection coming from it, and terminating at an approved earth ground. You cannot "jumper" a single neutral/ground from one circuit to the next.

ELECTRICAL REQUIREMENTS

For your safety and to ensure good unit performance, the ground on this circuit must be non-looped (isolated). Please refer to NEC article 210-21 and 210-23. Any alterations to the standard power cord provided could void all warranties of this product.

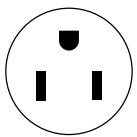
The 3x, 5x and 7xe bikes are designed to be self-powered and do not require an external power supply source to operate. Without an external power supply, the console's start-up time may be delayed. Add-on TV's and other console accessories will increase the time needed for start-up. An external power supply will ensure power is provided to the console at all times and is recommended when add-on accessories are used.

For units with an integrated TV (like the 7xe and 7xi), the TV power requirements are included in the unit. An RG6 quad shield coaxial cable with 'F Type' compression fittings on each end will need to be connected to the cardio unit and the video source. Additional power requirements are not needed for the add-on digital TV (3x and 5x). For units with an add-on PCTV (3x and 5x), the TV power requirements are separate.

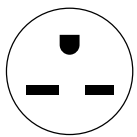
NOTE: ALL UNITS WITH VIRTUAL ACTIVE™ MUST BE POWERED!

110 V UNITS

All Matrix 3x, 5x, 7xe and 7xi 110 V bikes require the use of a 100-125 V, 60 Hz and a 15 A “Dedicated Circuit”, with a non-looped (isolated) neutral/ground for power. This outlet should be a NEMA 5-15R and have the same configuration as the plug. No adapter should be used with this product. These bikes can be daisy-chained together with up to 4 units per 15 A dedicated circuit. Matrix daisy-chain cord adapters are sold separately.



110 NEMA 5-15P PLUG



220 NEMA 6-15P PLUG

North American power cord plugs shown. Depending on your country, the plug type may vary.

220 V UNITS

All Matrix 3x, 5x, 7xe and 7xi 220 V bikes require the use of a 216-250 V, 50 Hz and a 15 A “Dedicated Circuit”, with a non-looped (isolated) neutral/ground for power. This outlet should be a NEMA 6-15R and have the same configuration as the plug. No adapter should be used with this product. These bikes can be daisy-chained together with up to 4 units per 15 A dedicated circuit. Matrix daisy-chain cord adapters are sold separately.

GROUNDING INSTRUCTIONS

The unit must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The unit is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. If the user does not follow these grounding instructions, the user could void the Matrix limited warranty.

ADDITIONAL ELECTRICAL INFO

In addition to the dedicated circuit requirement, the proper gauge wire must be used from the circuit breaker box, to each outlet that will have the maximum number of units running off of it. If the distance from the circuit breaker box to each outlet, is 100 ft (30.5 m) or less, then 12 gauge wire should be used. For distances greater than 100 ft (30.5 m) from the circuit breaker box to the outlet, a 10 gauge wire should be used.

ENERGY SAVING / LOW-POWER MODE

All units are configured with the ability to enter into an energy saving / low-power mode when the unit has not been in use for a specified period of time. Additional time may be required to fully reactivate this unit once it has entered the low-power mode. This energy saving feature may be enabled or disabled from within the ‘Manager Mode’ or ‘Engineering Mode.’

ADD-ON PCTV (3X AND 5X)

A 15 A or 20 A “Dedicated Circuit” with a non-looped (isolated) neutral/ground is required. Each PCTV requires at least 1.2 A of current. No more than 12 PCTVs should be used for each 15 A circuit and no more than 16 PCTVs should be used for each 20 A circuit. The power outlet should have the same configuration as the plug. No adapter should be used with this product. An RG6 quad shield coaxial cable with ‘F Type’ compression fittings will need to be connected between the video source and each add-on PCTV unit.

ADD-ON DIGITAL TV (3X AND 5X)

Additional power requirements are not needed for the add-on digital TV. An RG6 quad shield coaxial cable with ‘F Type’ compression fittings will need to be connected between the video source and each add-on digital TV unit.

DANGER

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.

WARNING

Connect this exercise product to a properly grounded outlet only.

Never operate product with a damaged cord or plug even if it is working properly. Never operate any product if it appears damaged, or has been immersed in water. Contact Customer Tech Support for replacement or repair.

WARNING:

Failure to follow these specifications can cause damage to your product and can void the warranty.

- All video and power outlets must be functional the day of delivery / assembly of the product. The client is responsible for any additional installation charges associated with return visits.
- Electrical supply may fluctuate in your area. To ensure stable performance of the product, use the proper gauge wire.

HYBRID CYCLE ASSEMBLY

⚠ WARNING

There are several areas during the assembly process to which special attention must be paid. It is very important to follow the assembly instructions correctly and to make sure all parts are firmly tightened. If the assembly instructions are not followed correctly, the unit could have parts that are not tightened, possibly leading to a loose fit or and will seem loose and may cause irritating noises. To prevent damage to the unit, the assembly instructions must be reviewed and corrective actions should be taken.

Before proceeding, find your unit's frame serial number located on the front stabilizer tube as shown. The console serial number is located on a barcode sticker on the console, near the connection between the console and the mast. The model name of your product is determined by the combination of the console series (example: 3X) and the frame type (example: Hybrid Cycle).

ENTER YOUR SERIAL NUMBERS AND MODEL NAME IN THE BOXES BELOW:

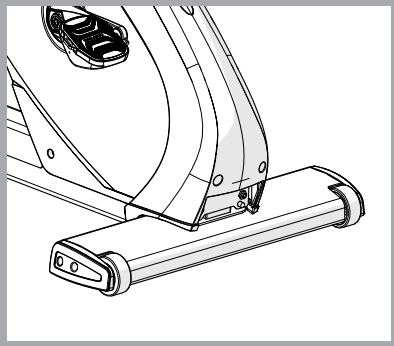
FRAME SERIAL NUMBER:

CONSOLE SERIAL NUMBER:

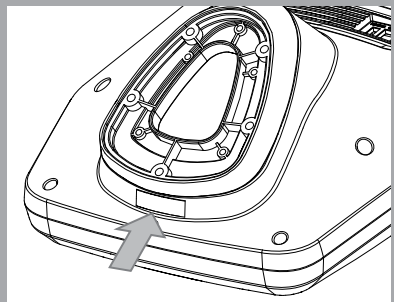
MODEL NAME:

MATRIX	

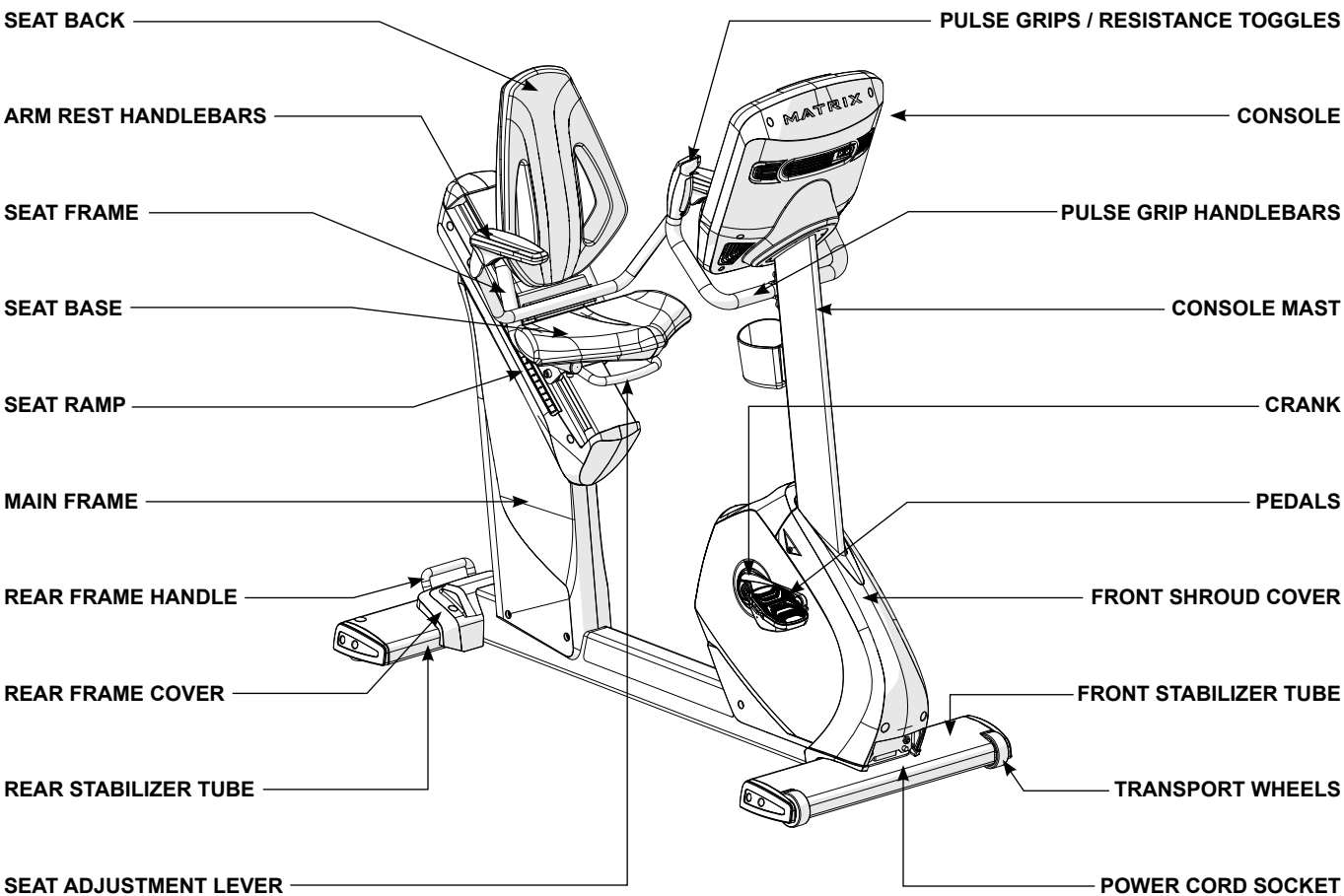
FRAME SERIAL NUMBER LOCATION



CONSOLE SERIAL NUMBER LOCATION



» Use the information above for initial setup and when calling for service.


SEAT BACK
ARM REST HANDLEBARS
SEAT FRAME
SEAT BASE
SEAT RAMP
MAIN FRAME
REAR FRAME HANDLE
REAR FRAME COVER
REAR STABILIZER TUBE
SEAT ADJUSTMENT LEVER
PULSE GRIPS / RESISTANCE TOGGLES
CONSOLE
PULSE GRIP HANDLEBARS
CONSOLE MAST
CRANK
PEDALS
FRONT SHROUD COVER
FRONT STABILIZER TUBE
TRANSPORT WHEELS
POWER CORD SOCKET
MATRIX

BEFORE YOU **BEGIN**

Prior to assembling the unit, unpack all of the contents of the box and make sure that all necessary components are present. Review the contents of the hardware package for completeness.

Contact Customer Tech Support to report any missing items.

Please make sure that the power plug is not plugged into the wall outlet while completing the following procedure.

To ensure correct assembly of the unit, carefully read and follow all assembly steps.

☎ NEED HELP?

If you have questions or if there are any missing parts, contact Customer Tech Support.

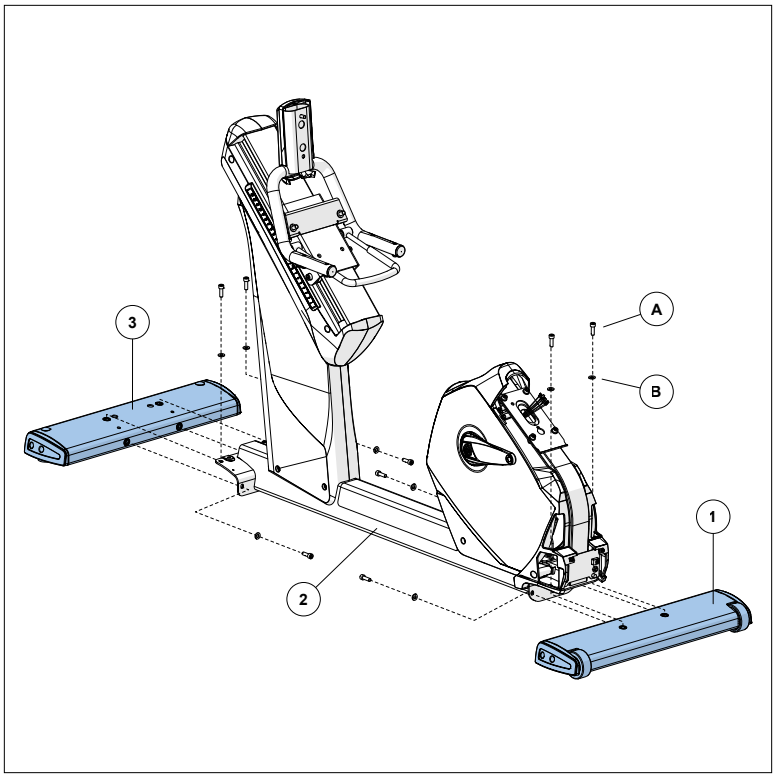
TOOLS REQUIRED:

- ☐ 4 mm Allen Wrench
- ☐ 6 mm Allen Wrench
- ☐ 8 mm Allen Wrench
- ☐ Flat Wrench (15mm/17mm 325L)
- ☐ Phillips Screwdriver

PARTS INCLUDED:

- ☐ 1 Main Frame
- ☐ 1 Rear Stabilizer Tube
- ☐ 1 Front Stabilizer Tube
- ☐ 1 Rear Frame Handle
- ☐ 1 Rear Frame Cover
- ☐ 1 Console Mast
- ☐ 1 Seat Back
- ☐ 1 Seat Base
- ☐ 1 Arm Rest Handlebars
- ☐ 1 Front Shroud Cover
- ☐ 1 Pulse Grip Handlebars
- ☐ 2 Pedals
- ☐ 1 Hardware Kit
- ☐ 1 Power Cord (packaged with console)

HYBRID ASSEMBLY **STEP 1**



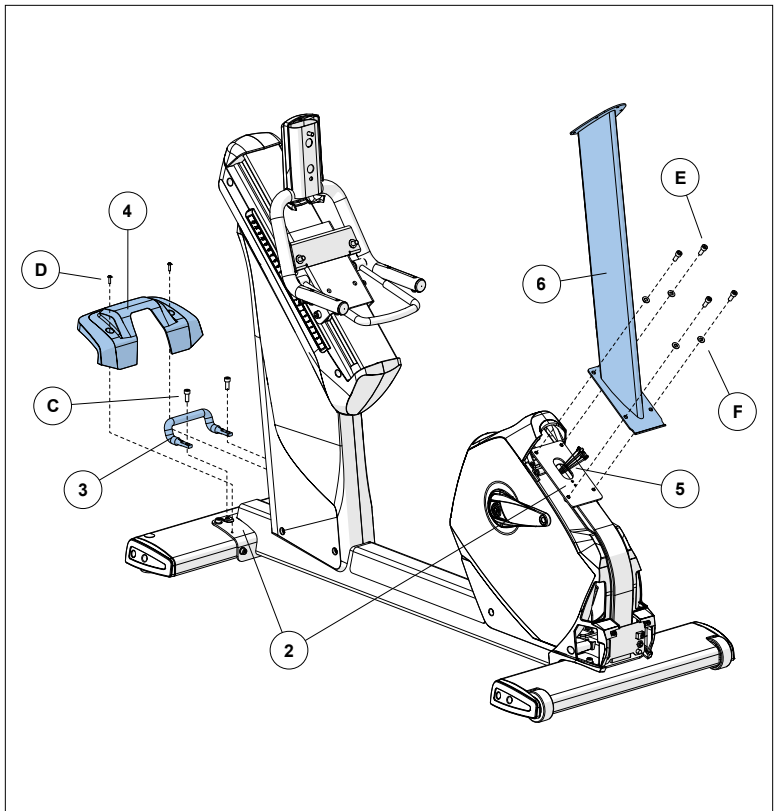
YELLOW HARDWARE BAG			
PART	**TYPE**	**DESCRIPTION**	**QTY**
A	SOCKET HEAD BOLT	M8X25L	8
B	FLAT WASHER	Φ8.2XΦ16.0X2.0T	8

A Open **YELLOW HARDWARE BAGS**.

B Attach the **FRONT STABILIZER TUBE (1)** to the **MAIN FRAME (2)** using 4 **BOLTS (A)** and 4 **FLAT WASHERS (B)**.

C Attach the **REAR STABILIZER TUBE (3)** to the **MAIN FRAME (2)** using 4 **BOLTS (A)** and 4 **FLAT WASHERS (B)**.

HYBRID ASSEMBLY **STEP 2**



BLACK HARDWARE BAG			
PART	**TYPE**	**DESCRIPTION**	**QTY**
C	SOCKET HEAD BOLT (BLACK)	M8X20L	2
D	PHIILIP HEAD BOLT	M5X12L	2

A Open **BLACK HARDWARE BAG**.

B Attach the **REAR FRAME HANDLE (3)** to the **MAIN FRAME (2)** using 2 **BOLTS (C)**.

C Attach the **REAR FRAME COVER (4)** to the **MAIN FRAME (2)** using 2 **BOLTS (D)**.

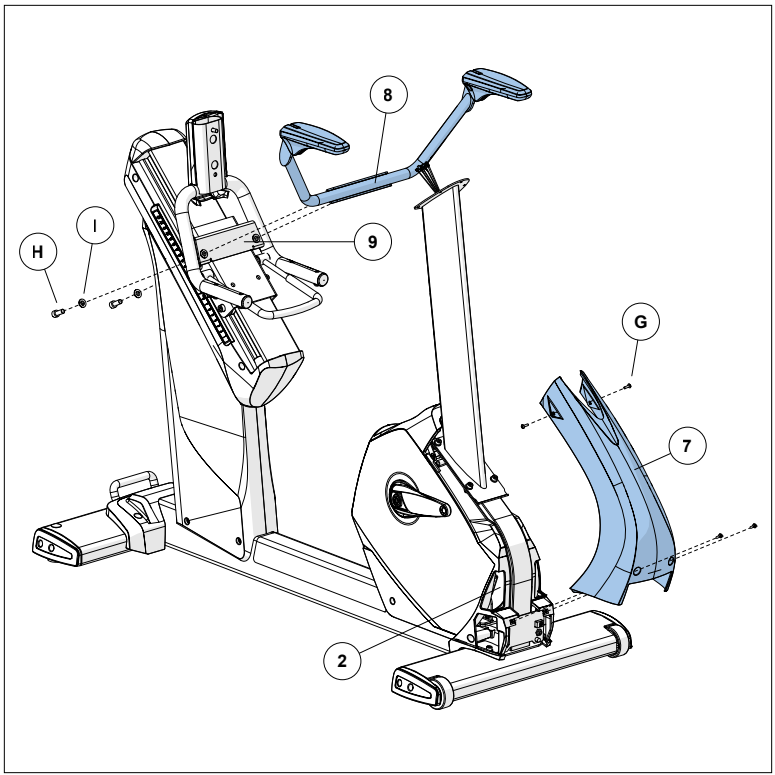
RED HARDWARE BAG			
PART	**TYPE**	**DESCRIPTION**	**QTY**
E	SOCKET HEAD BOLT (CHROME)	M8X20L	4
F	TOOTH WASHER	Φ8.5XΦ18.0X2.0T	4

A Open **RED HARDWARE BAG**.

B Carefully pull the **CONSOLE CABLES (5)** through the **CONSOLE MAST (6)** using the twist tie located inside the **CONSOLE MAST (6)**.

C Attach **CONSOLE MAST (6)** to **MAIN FRAME (2)** using 4 **BOLTS (E)** and 4 **TOOTH WASHERS (F)**.

HYBRID ASSEMBLY **STEP 3**



GREEN HARDWARE BAG			
PART	**TYPE**	**DESCRIPTION**	**QTY**
G	PHILLIP HEAD BOLT	M5X12L	4

A Open **GREEN HARDWARE BAG**.

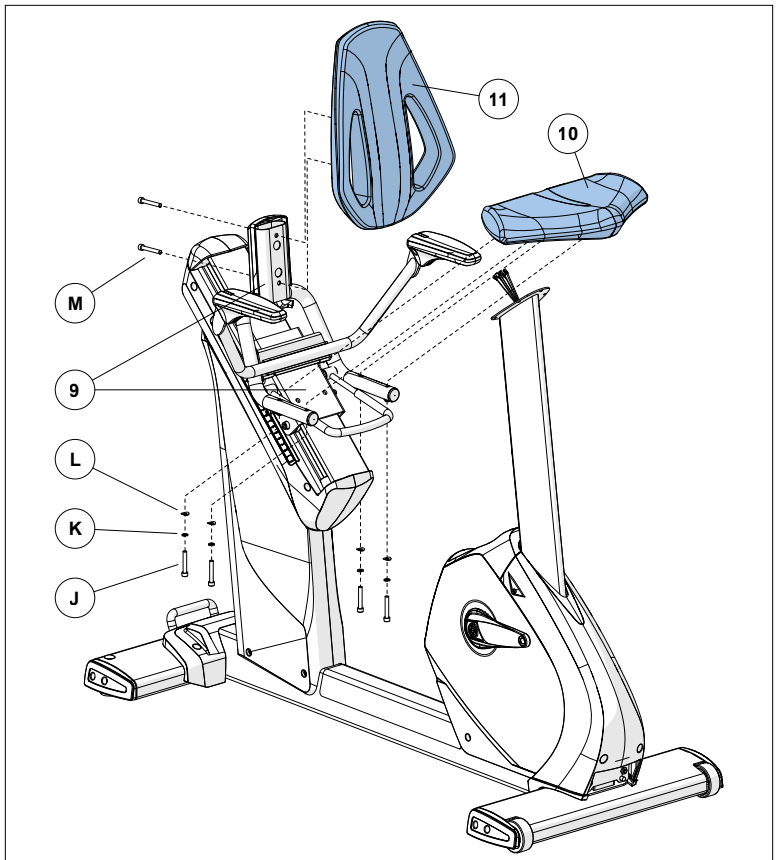
B Attach the **FRONT SHROUD COVER (7)** to the **MAIN FRAME (2)** using 4 **BOLTS (G)**.

BLUE HARDWARE BAG			
PART	**TYPE**	**DESCRIPTION**	**QTY**
H	SOCKET HEAD BOLT	M10X25L	2
I	HEAVY WASHER	Φ10.0XΦ28.0X5.0T	2

A Open **BLUE HARDWARE BAG**.

B Attach the **ARM REST HANDLEBARS (8)** to the **SEAT FRAME (9)** using 2 **BOLTS (H)** and 2 **HEAVY WASHERS (I)**.

HYBRID ASSEMBLY **STEP 4**



PURPLE HARDWARE BAG			
PART	**TYPE**	**DESCRIPTION**	**QTY**
J	SOCKET HEAD BOLT	M8X50L	4
K	SPRING WASHER	Φ8.2XΦ13.5.0X2.0T	4
L	WAVE WASHER	Φ8.2XΦ18.0X1.5T	4

A Open **PURPLE HARDWARE BAG**.

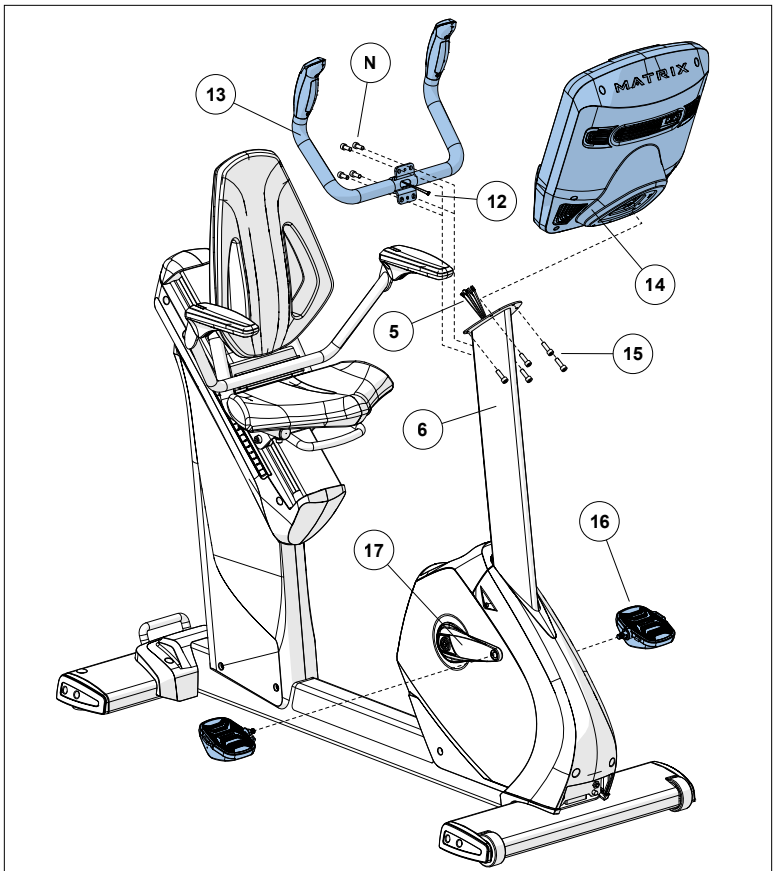
B Attach the **SEAT BASE (10)** to the **SEAT FRAME (9)** using 4 **BOLTS (J)**, 4 **SPRING WASHERS (K)** and 4 **WAVE WASHERS (L)**.

ORANGE HARDWARE BAG			
PART	**TYPE**	**DESCRIPTION**	**QTY**
M	SOCKET HEAD BOLT	M8X60L	2

A Open **ORANGE HARDWARE BAG**.

B Attach the **SEAT BACK (11)** to the **SEAT FRAME (9)** using 2 **BOLTS (M)**.

HYBRID ASSEMBLY **STEP 5**



WHITE HARDWARE BAG			
PART	**TYPE**	**DESCRIPTION**	**QTY**
N	SOCKET HEAD BOLT	M8X20L	4

A Open **WHITE HARDWARE BAG**.

B Carefully pull the **PULSE GRIP CABLES (12)** through the **CONSOLE MAST(6)** using the twist tie located inside the **CONSOLE MAST (6)**.

C Attach the **PULSE GRIP HANDLEBARS (13)** to the **CONSOLE MAST (6)** using 4 **BOLTS (N)**.

D Attach the **CONSOLE CABLES (5**) to the **CONSOLE (14)**.

E Attach the **CONSOLE (14)** to the **CONSOLE MAST (6)** using 5 **PRE-INSTALLED BOLTS (15)**.

F Attach **PEDALS (16)** to the **CRANK (17)** with a 15mm/17mm flat wrench.

HYBRID ASSEMBLY **COMPLETE!**

UPRIGHT CYCLE ASSEMBLY

⚠ WARNING

There are several areas during the assembly process to which special attention must be paid. It is very important to follow the assembly instructions correctly and to make sure all parts are firmly tightened. If the assembly instructions are not followed correctly, the unit could have parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the unit, the assembly instructions must be reviewed and corrective actions should be taken.

Before proceeding, find your unit's frame serial number located on the front stabilizer tube as shown. The console serial number is located on a barcode sticker on the console, near the connection between the console and the mast. The model name of your product is determined by the combination of the console series (example: 3X) and the frame type (example: Upright Cycle).

ENTER YOUR SERIAL NUMBERS AND MODEL NAME IN THE BOXES BELOW:

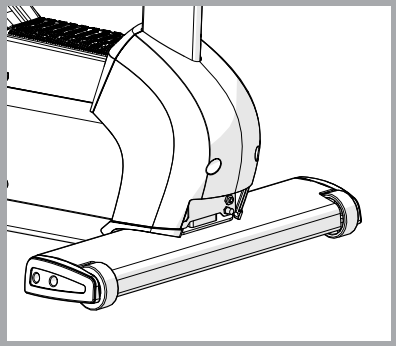
FRAME SERIAL NUMBER:

CONSOLE SERIAL NUMBER:

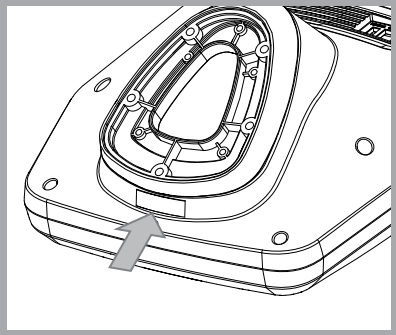
MODEL NAME:

MATRIX	

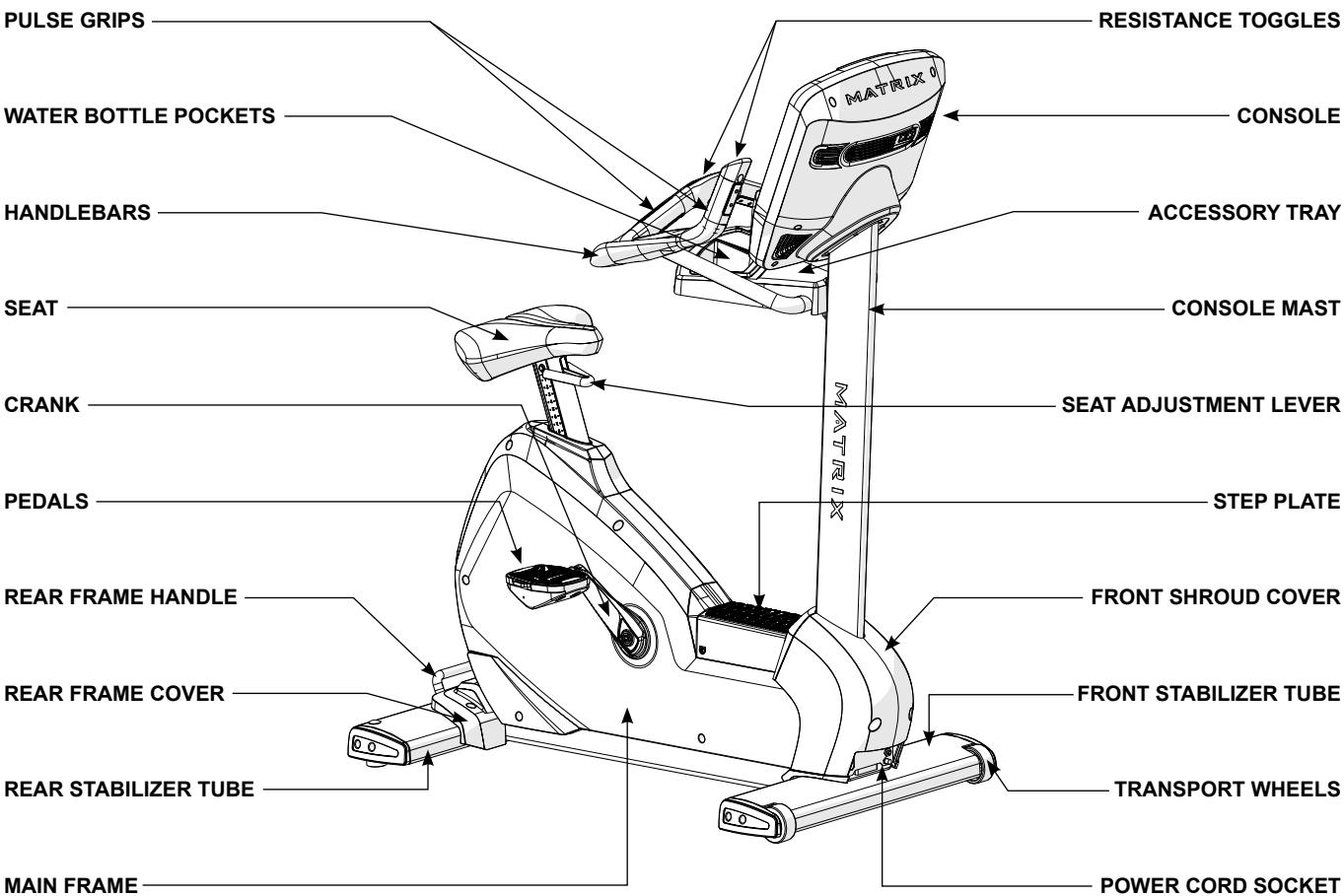
FRAME SERIAL NUMBER LOCATION



CONSOLE SERIAL NUMBER LOCATION



» Use the information above for initial setup and when calling for service.


PULSE GRIPS
WATER BOTTLE POCKETS
HANDLEBARS
SEAT
CRANK
PEDALS
REAR FRAME HANDLE
REAR FRAME COVER
REAR STABILIZER TUBE
MAIN FRAME
RESISTANCE TOGGLES
CONSOLE
ACCESSORY TRAY
CONSOLE MAST
SEAT ADJUSTMENT LEVER
STEP PLATE
FRONT SHROUD COVER
FRONT STABILIZER TUBE
TRANSPORT WHEELS
POWER CORD SOCKET
MATRIX
MATRIX

BEFORE YOU **BEGIN**

Prior to assembling the unit, unpack all of the contents of the box and make sure that all necessary components are present. Review the contents of the hardware package for completeness.

Contact Customer Tech Support to report any missing items.

Please make sure that the power plug is not plugged into the wall outlet while completing the following procedure.

To ensure correct assembly of the unit, carefully read and follow all assembly steps.

☎ NEED HELP?

If you have questions or if there are any missing parts, contact Customer Tech Support.

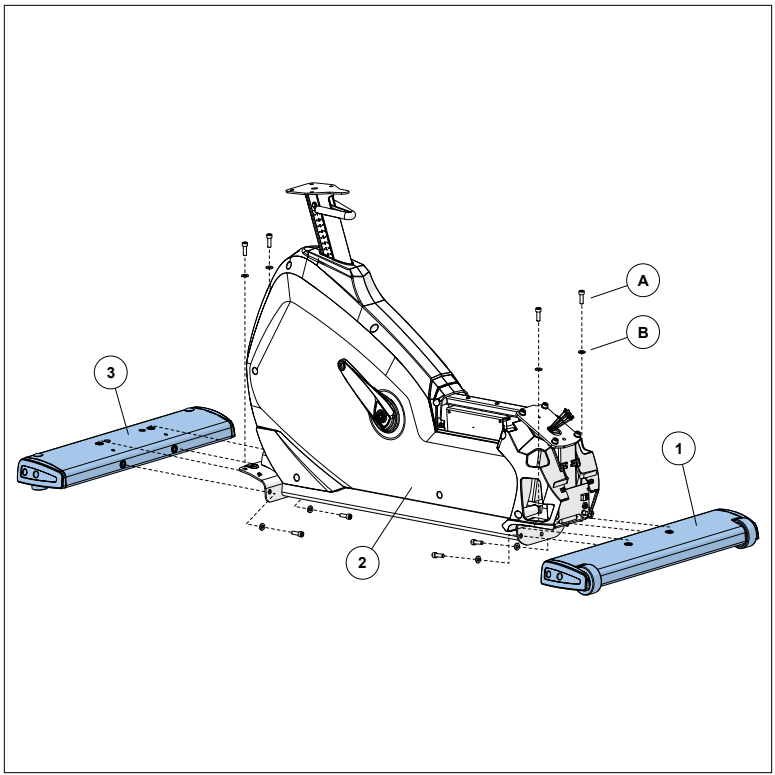
TOOLS REQUIRED:

- ☐ 4 mm Allen Wrench
- ☐ 6 mm Allen Wrench
- ☐ Flat Wrench (15mm/17mm 325L)
- ☐ Phillips Screwdriver

PARTS INCLUDED:

- ☐ 1 Main Frame
- ☐ 1 Rear Stabilizer Tube
- ☐ 1 Front Stabilizer Tube
- ☐ 1 Rear Frame Handle
- ☐ 1 Rear Frame Cover
- ☐ 1 Step Plate
- ☐ 1 Console Mast
- ☐ 1 Seat
- ☐ 1 Handlebars
- ☐ 1 Accessory Tray
- ☐ 2 Water Bottle Pockets
- ☐ 1 Front Shroud Cover
- ☐ 2 Pedals
- ☐ 1 Hardware Kit
- ☐ 1 Power Cord (packaged with console)

UPRIGHT ASSEMBLY **STEP 1**



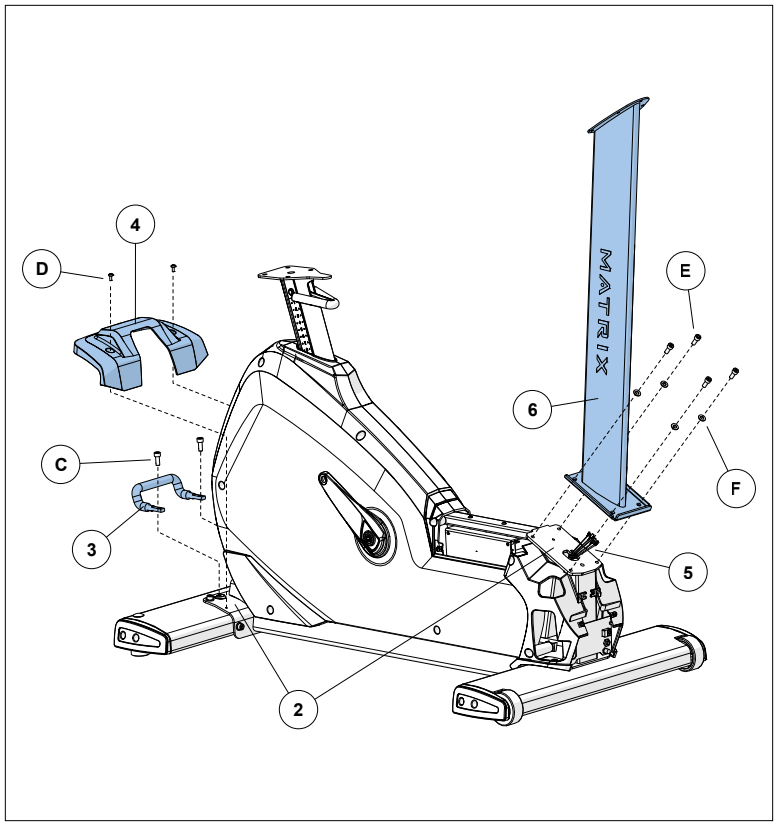
YELLOW HARDWARE BAG			
PART	**TYPE**	**DESCRIPTION**	**QTY**
A	SOCKET HEAD BOLT	M8X25L	8
B	FLAT WASHER	Φ8.2XΦ16.0X2.0T	8

A Open **YELLOW HARDWARE BAG**.

B Attach the **FRONT STABILIZER TUBE (1)** to the **MAIN FRAME (2)** using 4 **BOLTS (A)** and 4 **FLAT WASHERS (B)**.

C Attach the **REAR STABILIZER TUBE (3)** to the **MAIN FRAME (2)** using 4 **BOLTS (A)** and 4 **FLAT WASHERS (B)**.

UPRIGHT ASSEMBLY **STEP 2**



BLACK HARDWARE BAG			
PART	**TYPE**	**DESCRIPTION**	**QTY**
C	SOCKET HEAD BOLT (BLACK)	M8X20L	2
D	PHIILIP HEAD BOLT	M5X12L	2

A Open **BLACK HARDWARE BAG**.

B Attach the **REAR FRAME HANDLE (3)** to the **MAIN FRAME (2)** using 2 **BOLTS (C)**.

C Attach the **REAR FRAME COVER (4)** to the **MAIN FRAME (2)** using 2 **BOLTS (D)**.

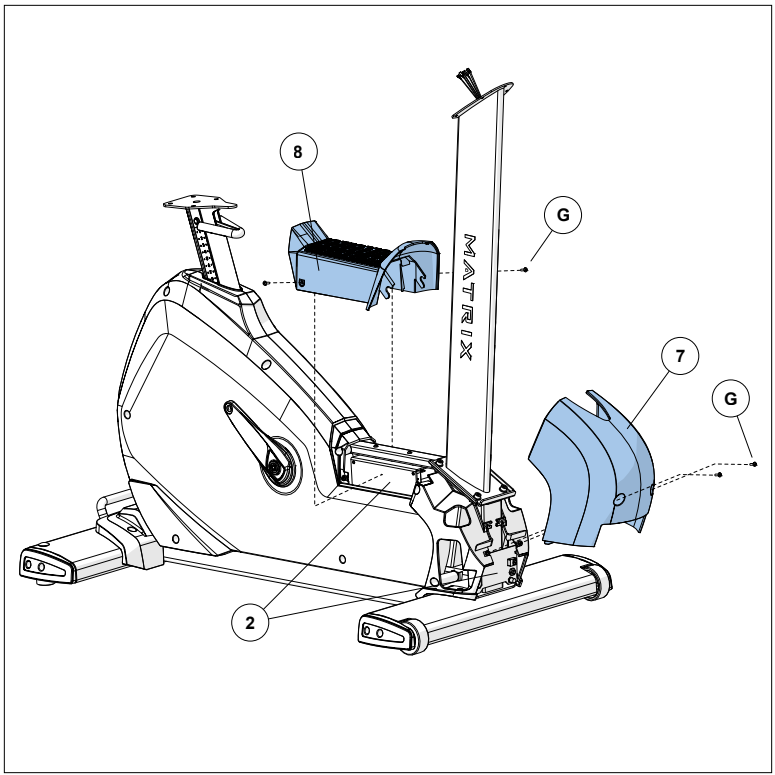
RED HARDWARE BAGS			
PART	**TYPE**	**DESCRIPTION**	**QTY**
E	SOCKET HEAD BOLT (CHROME)	M8X20L	4
F	TOOTH WASHER	Φ8.5XΦ18.0X2.0T	4

A Open **RED HARDWARE BAG**.

B Carefully pull the **CONSOLE CABLES (5)** through the **CONSOLE MAST (6)** using the twist tie located inside the **CONSOLE MAST (6)**.

C Attach **CONSOLE MAST (6)** to **MAIN FRAME (2)** using 4 **BOLTS (E)** and 4 **TOOTH WASHERS (F)**.

UPRIGHT ASSEMBLY **STEP 3**



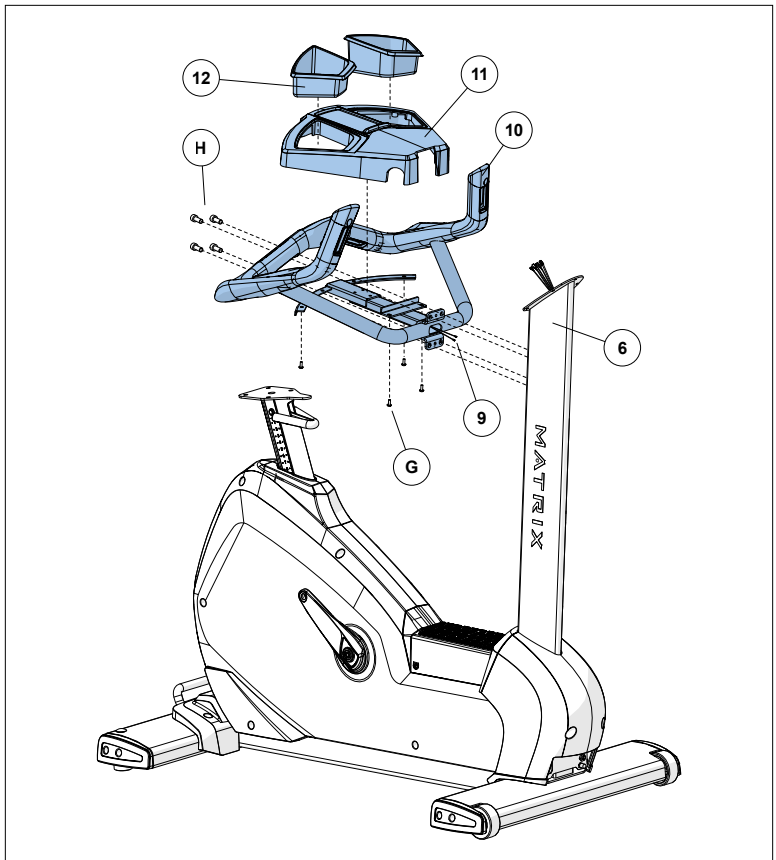
GREEN HARDWARE BAG			
PART	**TYPE**	**DESCRIPTION**	**QTY**
G	PHILLIP HEAD BOLT	M5X12L	4

A Open **GREEN HARDWARE BAG**.

B Attach the **FRONT SHROUD COVER (7)** to the **MAIN FRAME (2)** using 2 **BOLTS (G)**.

C Attach the **STEP PLATE (8)** to the **MAIN FRAME (2)** using 2 **BOLTS (G)**.

UPRIGHT ASSEMBLY **STEP 4**



WHITE HARDWARE BAG			
PART	**TYPE**	**DESCRIPTION**	**QTY**
H	SOCKET HEAD BOLT	M8X20L	4

A Open **WHITE HARDWARE BAG**.

B Carefully pull the **PULSE GRIP CABLES (9)** through the **CONSOLE MAST (6)** using the twist tie located inside the **CONSOLE MAST (6)**.

C Attach the **PULSE GRIPS HANDLEBARS (10)** to the **CONSOLE MAST (6)** using 4 **BOLTS (H)**.

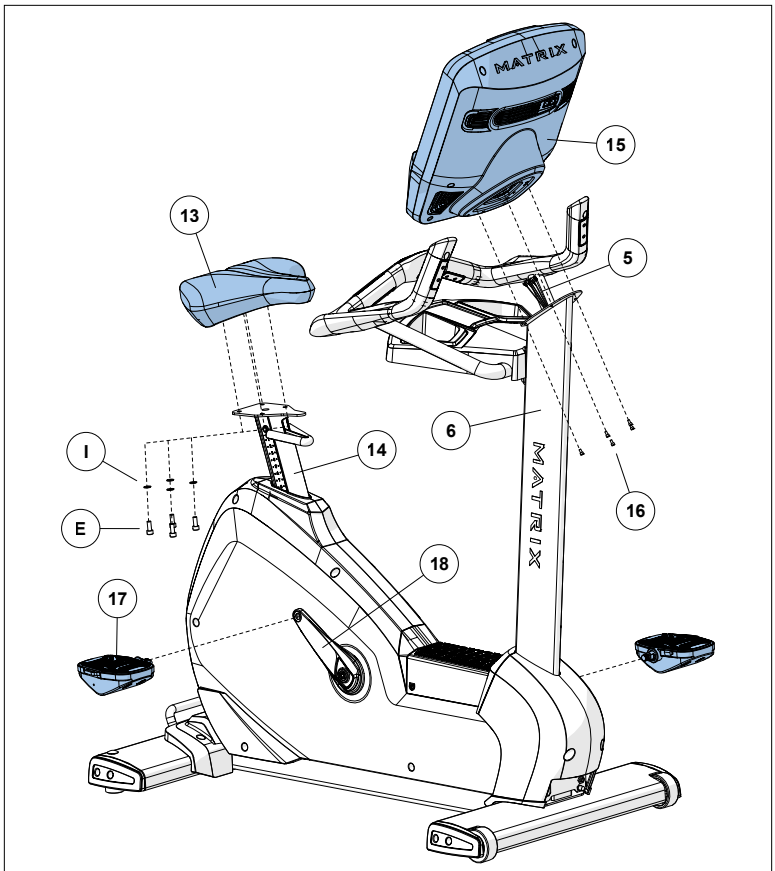
GREEN HARDWARE BAG			
PART	**TYPE**	**DESCRIPTION**	**QTY**
G	PHILLIP HEAD BOLT	M5X12L	4

A Open **GREEN HARDWARE BAG**.

B Attach the **ACCESSORY TRAY (11)** to the **PULSE GRIPS HANDLEBARS (10)** using 4 **BOLTS (G)**.

C Slide **WATER BOTTLE POCKETS (12)** into the **ACCESSORY TRAY (11)**.

UPRIGHT ASSEMBLY **STEP 5**



PURPLE HARDWARE BAG			
PART	**TYPE**	**DESCRIPTION**	**QTY**
E	SOCKET HEAD BOLT	M8X20L	4
I	SPRING WASHER	Φ8.2XΦ13.5X2.0T	4

A Open **PURPLE HARDWARE BAG**.

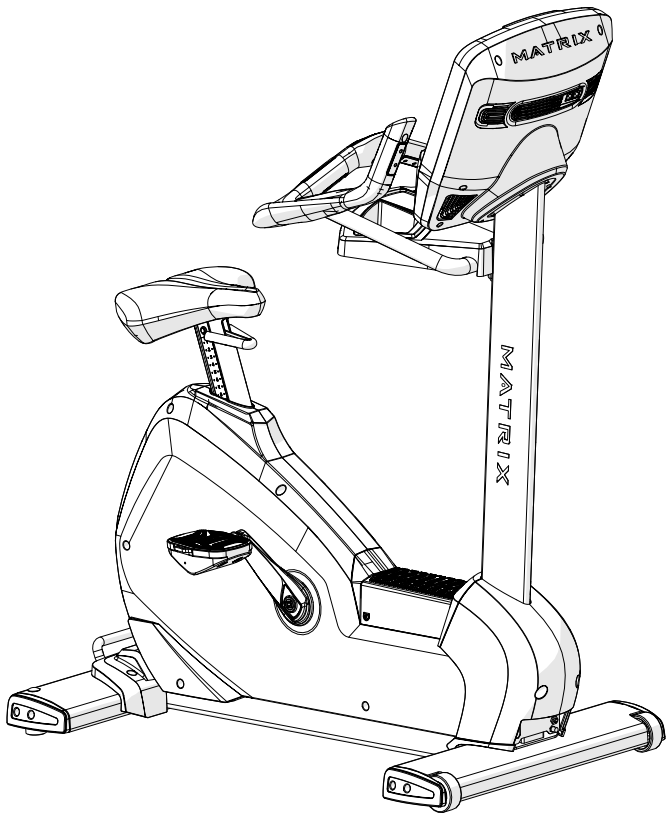
B Attach the **SEAT (13)** to the **SEAT POST (14)** using 4 **BOLTS (C)** and 4 **SPRING WASHERS (I)**.

C Attach the **CONSOLE CABLES (5**) to the **CONSOLE (15)**.

D Attach the **CONSOLE (15)** to the **CONSOLE MAST (6)** using 5 **PRE-INSTALLED BOLTS (16)**.

E Attach **PEDALS (17)** to the **CRANK (18)** with a 15mm/17mm flat wrench.

UPRIGHT ASSEMBLY **COMPLETE!**



RECUMBENT CYCLE ASSEMBLY

⚠ WARNING

There are several areas during the assembly process to which special attention must be paid. It is very important to follow the assembly instructions correctly and to make sure all parts are firmly tightened. If the assembly instructions are not followed correctly, the unit could have parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the unit, the assembly instructions must be reviewed and corrective actions should be taken.

Before proceeding, find your unit's frame serial number located on the front stabilizer tube as shown. The console serial number is located on a barcode sticker on the console, near the connection between the console and the mast. The model name of your product is determined by the combination of the console series (example: 3X) and the frame type (example: Recumbent Cycle).

ENTER YOUR SERIAL NUMBERS AND MODEL NAME IN THE BOXES BELOW:

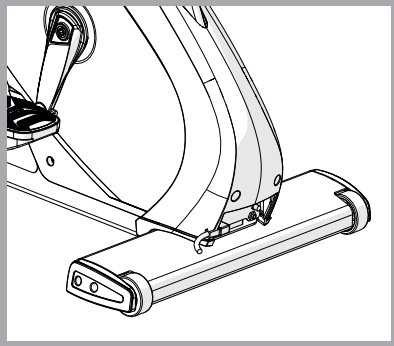
FRAME SERIAL NUMBER:

CONSOLE SERIAL NUMBER:

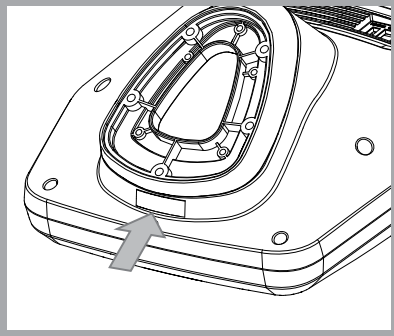
MODEL NAME:

MATRIX	

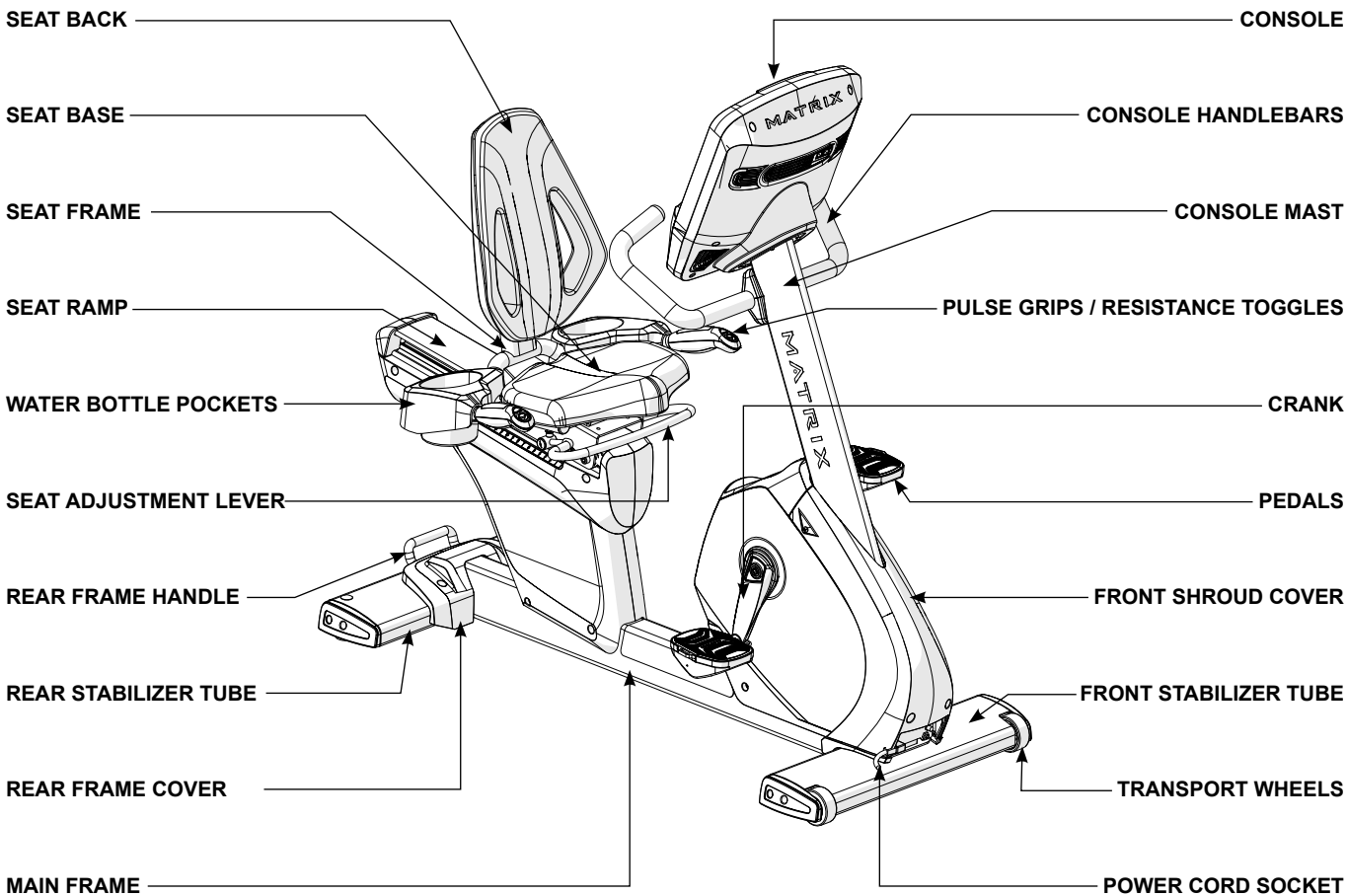
FRAME SERIAL NUMBER LOCATION



CONSOLE SERIAL NUMBER LOCATION



» Use the information above for initial setup and when calling for service.


SEAT BACK
SEAT BASE
SEAT FRAME
SEAT RAMP
WATER BOTTLE POCKETS
SEAT ADJUSTMENT LEVER
REAR FRAME HANDLE
REAR STABILIZER TUBE
REAR FRAME COVER
MAIN FRAME
CONSOLE
CONSOLE HANDLEBARS
CONSOLE MAST
PULSE GRIPS / RESISTANCE TOGGLES
CRANK
PEDALS
FRONT SHROUD COVER
FRONT STABILIZER TUBE
TRANSPORT WHEELS
POWER CORD SOCKET
MATRIX
MATRIX

BEFORE YOU **BEGIN**

Prior to assembling the unit, unpack all of the contents of the box and make sure that all necessary components are present. Review the contents of the hardware package for completeness.

Contact Customer Tech Support to report any missing items.

Please make sure that the power plug is not plugged into the wall outlet while completing the following procedure.

To ensure correct assembly of the unit, carefully read and follow all assembly steps.

☎ NEED HELP?

If you have questions or if there are any missing parts, contact Customer Tech Support.

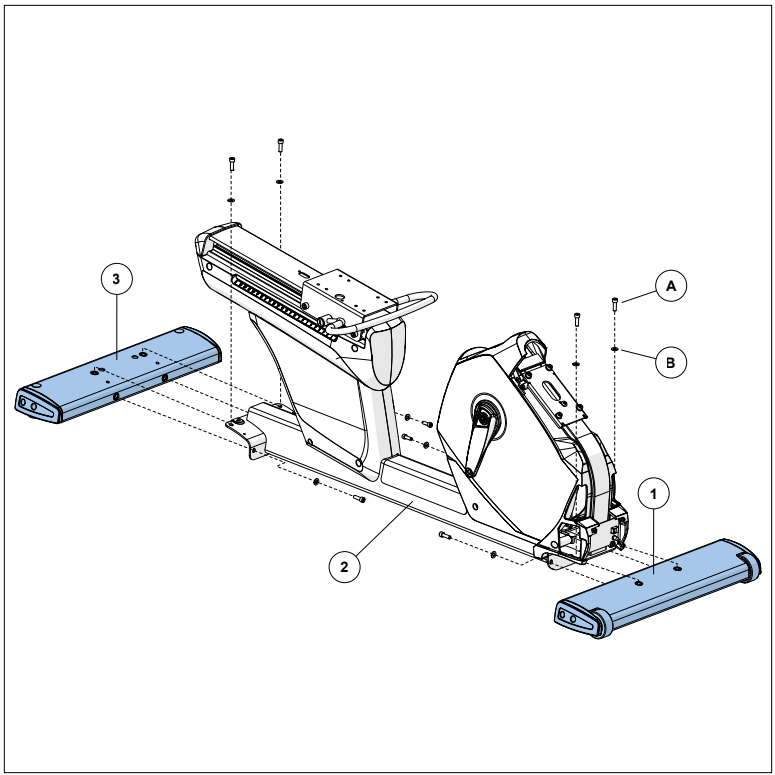
TOOLS REQUIRED:

- ☐ 4 mm Allen Wrench
- ☐ 6 mm Allen Wrench
- ☐ Flat Wrench (15mm/17mm 325L)
- ☐ Phillips Screwdriver

PARTS INCLUDED:

- ☐ 1 Main Frame
- ☐ 1 Rear Stabilizer Tube
- ☐ 1 Front Stabilizer Tube
- ☐ 1 Rear Frame Handle
- ☐ 1 Rear Frame Cover
- ☐ 1 Console Mast
- ☐ 1 Console Handlebars
- ☐ 1 Front Shroud Cover
- ☐ 1 Seat Frame
- ☐ 2 Water Bottle Pockets
- ☐ 1 Seat Base
- ☐ 1 Seat Back
- ☐ 2 Pedals
- ☐ 1 Hardware Kit
- ☐ 1 Power Cord (packaged with console)

RECUMBENT ASSEMBLY **STEP 1**



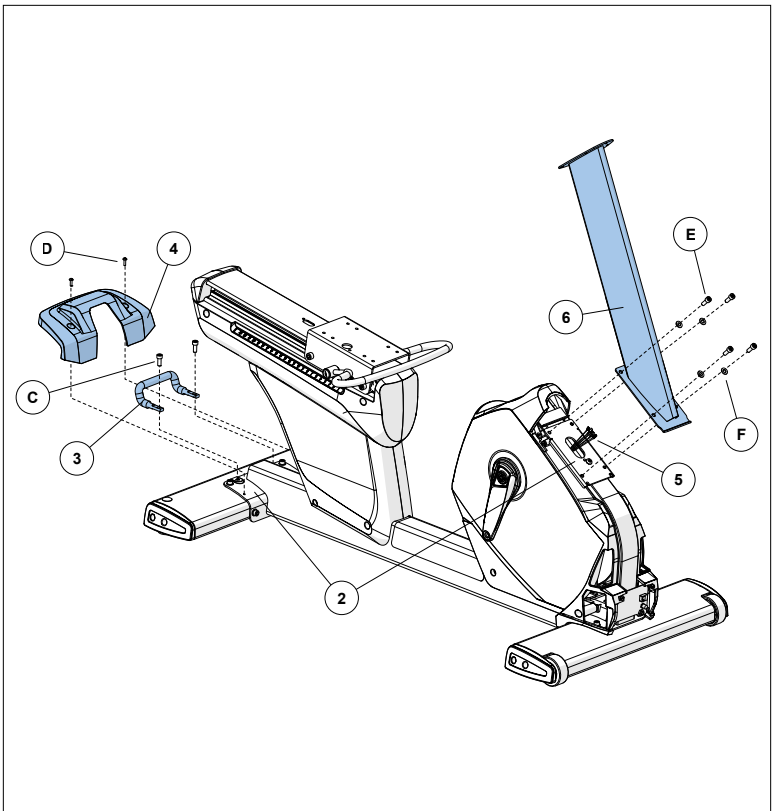
YELLOW HARDWARE BAG			
PART	**TYPE**	**DESCRIPTION**	**QTY**
A	SOCKET HEAD BOLT	M8X25L	8
B	FLAT WASHER	Φ8.2XΦ16.0X2.0T	8

A Open **YELLOW HARDWARE BAG**.

B Attach the **FRONT STABILIZER TUBE (1)** to the **MAIN FRAME (2)** using 4 **BOLTS (A)** and 4 **FLAT WASHERS (B)**.

C Attach the **REAR STABILIZER TUBE (3)** to the **MAIN FRAME (2)** using 4 **BOLTS (A)** and 4 **FLAT WASHERS (B)**.

RECUMBENT ASSEMBLY **STEP 2**



BLACK HARDWARE BAG			
PART	**TYPE**	**DESCRIPTION**	**QTY**
C	SOCKET HEAD BOLT (BLACK)	M8X20L	2
D	PHIILIP HEAD BOLT	M5X12L	2

A Open **BLACK HARDWARE BAG**.

B Attach the **REAR FRAME HANDLE (3)** to the **MAIN FRAME (2)** using 2 **BOLTS (C)**.

C Attach the **REAR FRAME COVER (4)** to the **MAIN FRAME (2)** using 2 **BOLTS (D)**.

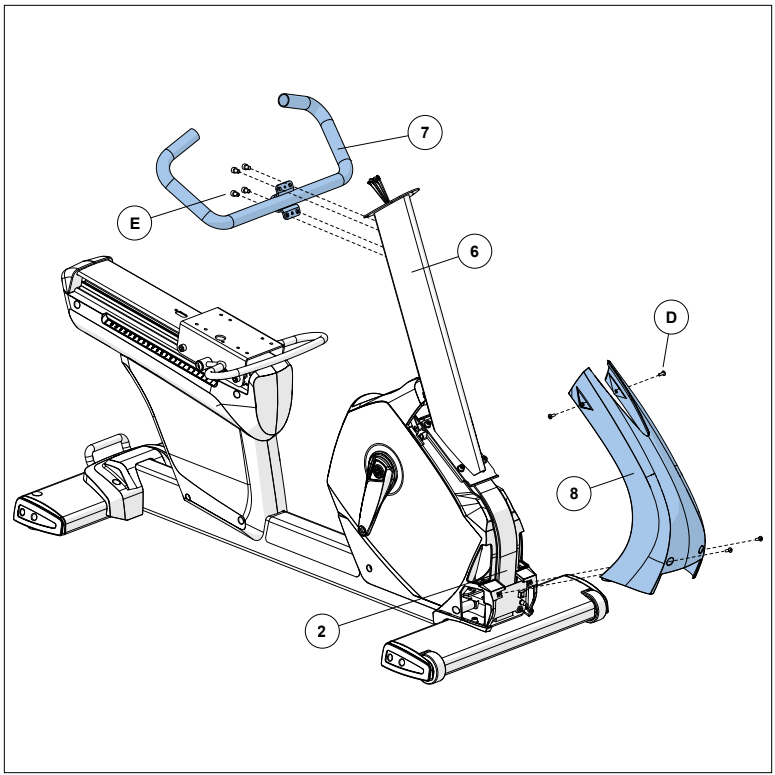
RED HARDWARE BAG			
PART	**TYPE**	**DESCRIPTION**	**QTY**
E	SOCKET HEAD BOLT (CHROME)	M8X20L	4
F	TOOTH WASHER	Φ8.5XΦ18.0X2.0T	4

A Open **RED HARDWARE BAG**.

B Carefully pull the **CONSOLE CABLES (5)** through the **CONSOLE MAST (6)** using the twist tie located inside the **CONSOLE MAST (6)**.

C Attach **CONSOLE MAST (6)** to **MAIN FRAME (2)** using 4 **BOLTS (E)** and 4 **TOOTH WASHERS (F)**.

RECUMBENT ASSEMBLY **STEP 3**



WHITE HARDWARE BAG			
PART	**TYPE**	**DESCRIPTION**	**QTY**
G	SOCKET HEAD BOLT	M8X20L	4

A Open **WHITE HARDWARE BAG**.

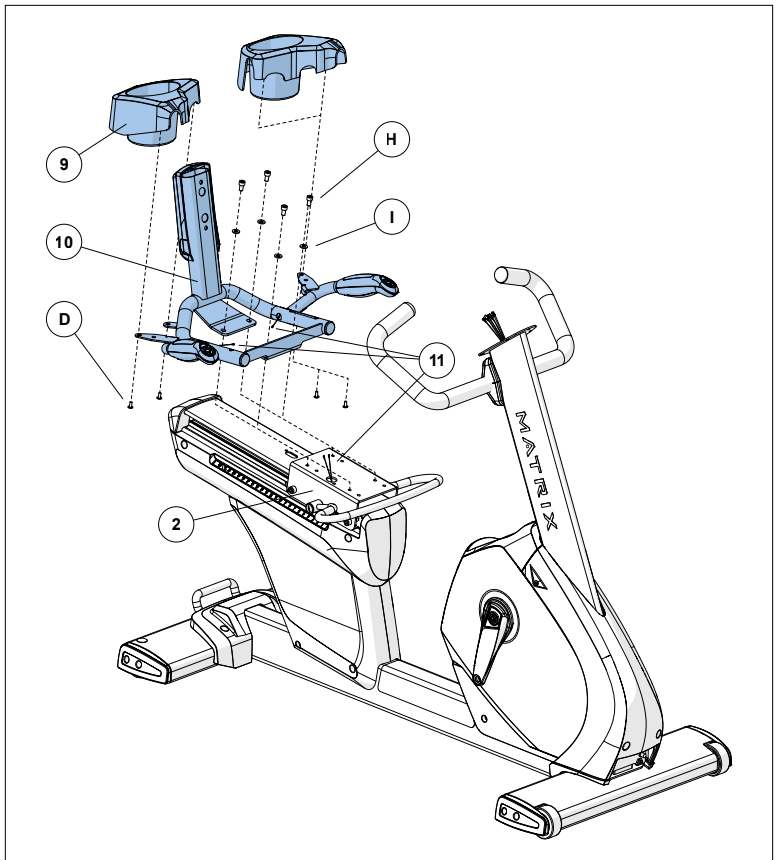
B Attach the **CONSOLE HANDLEBARS (7)** to the **CONSOLE MAST (6)** using 4 **BOLTS (G)**.

GREEN HARDWARE BAG			
PART	**TYPE**	**DESCRIPTION**	**QTY**
D	PHILLIPS HEAD BOLT	M5X12L	4

C Open **GREEN HARDWARE BAG**.

D Attach the **FRONT SHROUD COVER (8)** to the **MAIN FRAME (2)** using 4 **BOLTS (D)**.

RECUMBENT ASSEMBLY **STEP 4**



PINK HARDWARE BAG			
PART	**TYPE**	**DESCRIPTION**	**QTY**
D	PHILLIPS HEAD BOLT	M5X12L	4

A Open **PINK HARDWARE BAG**.

B Attach the **WATER BOTTLE HOLDERS (9)** to the **SEAT FRAME (10)** using 4 **BOLTS (D)**.

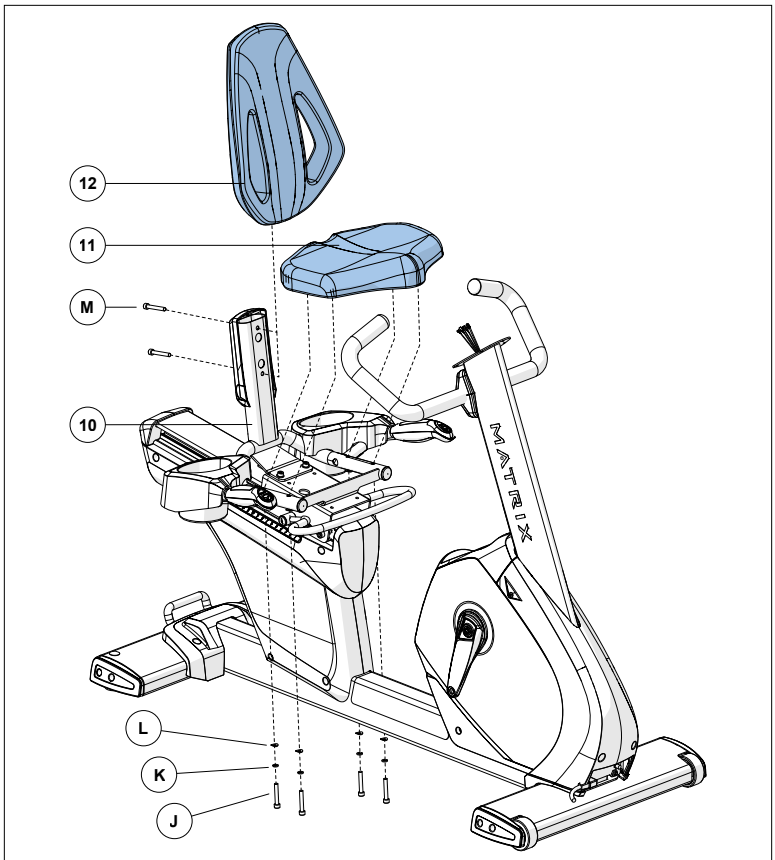
BLUE HARDWARE BAG			
PART	**TYPE**	**DESCRIPTION**	**QTY**
H	SOCKET HEAD BOLT	M8X15L	4
I	SPRING WASHER	Φ8.2XΦ15.4X2.0T	4

C Open **BLUE HARDWARE BAG**.

D Carefully pull the **PULSE GRIP CABLES (11)** through the **MAIN FRAME (2)** using the twist tie located inside the **SEAT FRAME (10)**.

E Attach the **SEAT FRAME (10)** to the **MAIN FRAME (2)** using 4 **BOLTS (H)** and 4 **SPRING WASHERS (I)**.

RECUMBENT ASSEMBLY **STEP 5**



PURPLE HARDWARE BAG			
PART	**TYPE**	**DESCRIPTION**	**QTY**
J	SOCKET HEAD BOLT	M8X50L	4
K	SPRING WASHER	Φ8.2XΦ13.5.0X2.0T	4
L	WAVE WASHER	Φ8.2XΦ18.0X1.5T	4

A Open **PURPLE HARDWARE BAG**.

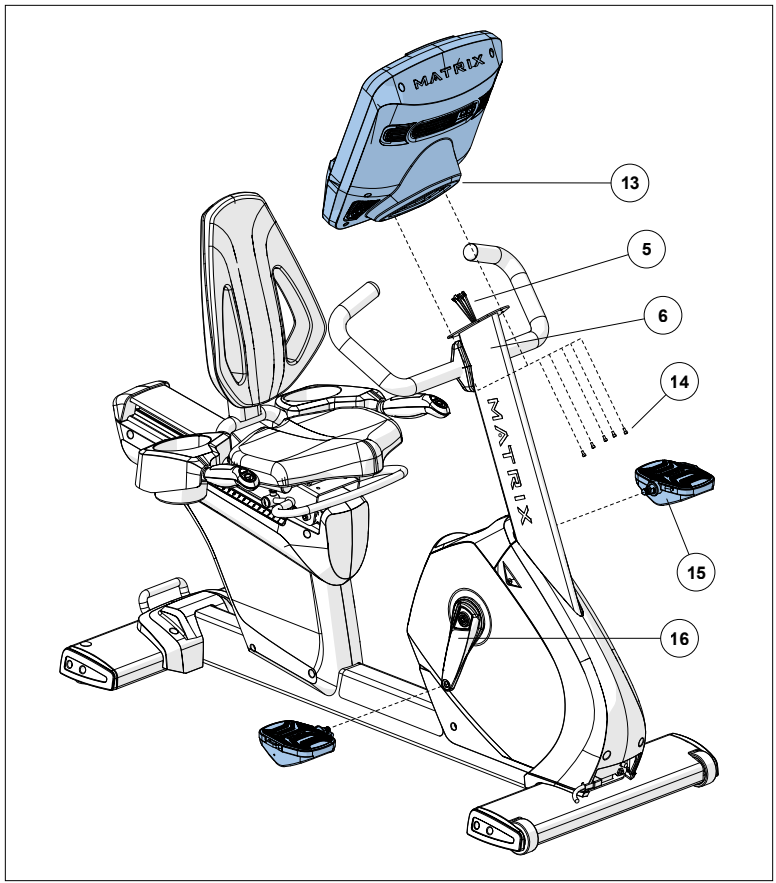
B Attach the **SEAT BASE (11)** to the **SEAT FRAME (10)** using 4 **BOLTS (J)**, 4 **SPRING WASHERS (K)** and 4 **WAVE WASHERS (L)**.

ORANGE HARDWARE BAG			
PART	**TYPE**	**DESCRIPTION**	**QTY**
M	SOCKET HEAD BOLT	M8X60L	2

A Open **ORANGE HARDWARE BAG**.

B Attach the **SEAT BACK (12)** to the **SEAT FRAME (10)** using 2 **BOLTS (M)**.

RECUMBENT ASSEMBLY **STEP 6**



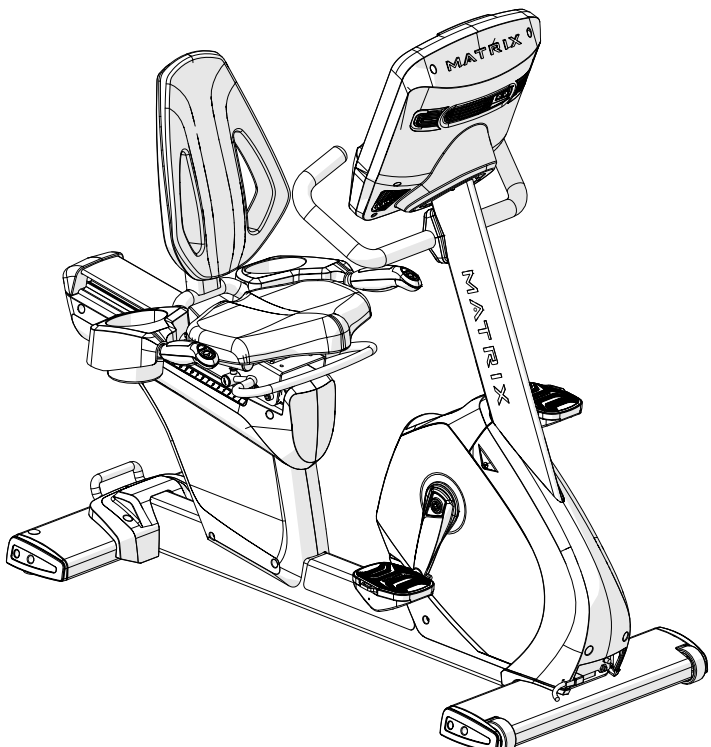
NOTE: All hardware for this step is pre-installed.

A Attach the **CONSOLE CABLES (5**) to the **CONSOLE (13)**.

B Attach the **CONSOLE (13)** to the **CONSOLE MAST (6)** using 5 **PRE-INSTALLED BOLTS (14)**.

C Attach **PEDALS (15)** to the **CRANK (16)** with the provided 15mm/17mm flat wrench.

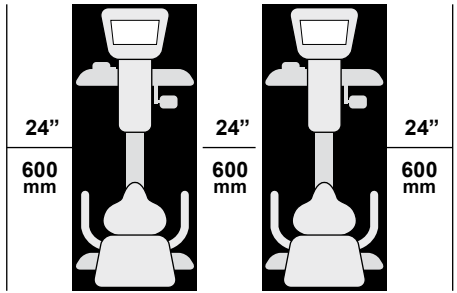
RECUMBENT ASSEMBLY **COMPLETE!**



LOCATION & SETUP

LOCATION OF THE EXERCISE BIKE

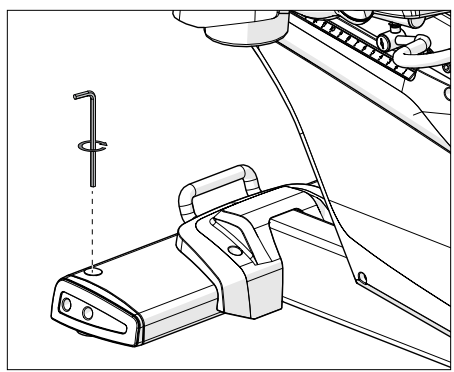
Place the unit on a level and stable surface away from direct sunlight. The intense UV light can cause discoloration on the plastics. Locate your unit in an area with cool temperatures and low humidity. Please leave a clear zone on both sides of the unit that is at least 24” (600 mm). This zone must be clear of any obstruction and provide the user a clear exit path from the machine. Do not place the unit in any area that will block any vent or air openings. The unit should not be located in a garage, covered patio, near water or outdoors.



LEVELING THE EXERCISE BIKE

Your unit should be level for optimum use. Once you have placed your unit where you intend to use it, raise or lower one or both of the adjustable levelers located on the rear stabilizer. Use 6mm hex key through the access hole (shown right)*. A carpenter’s level is recommended.

*NOTE: There are only two levelers on these units.



⚠ WARNING

Our equipment is heavy, use care and additional help if necessary when moving. Failure to follow these instructions could result in injury.

BEFORE USING THE UNIT PERFORM INITIAL SETUP.

TROUBLESHOOTING & MAINTENANCE

RECOMMENDED CLEANING TIPS

Preventative maintenance and daily cleaning will prolong the life and look of your equipment.

A Use a soft, clean cotton cloth. DO NOT use paper towels to clean surfaces on the bike. Paper towels are abrasive and can damage surfaces.

B Use a mild soap and damp cloth. DO NOT use ammonia based cleaner or alcohol. This will cause discoloring of the aluminum and plastics it comes into contact with.

C Do not pour water or cleaning solutions on any surface. This could cause electrocution.

D Wipe the console, heart rate grip, handles, foot pads and handlebars after each use.
For cleaning 7xe and 7xi displays, use distilled water in an atomizer spray bottle. Spray distilled water onto soft, clean, dry cloth and wipe display until clean and dry. For very dirty displays, adding vinegar is recommended.
CAUTION: Be sure to have proper assistance to install and move the unit in order to avoid injury or damage.

CHECK FOR DAMAGED PARTS

DO NOT use any equipment that is damaged or has worn or broken parts. Use only replacement parts supplied by Customer Tech Support.

MAINTAIN LABELS AND NAMEPLATES.
Do not remove labels for any reason. They contain important information. If unreadable or missing, contact Customer Tech Support for a replacement.

MAINTAIN ALL EQUIPMENT
Preventative maintenance is the key to smooth operating equipment, as well as keeping the user's liability to a minimum. Maintain a clean area around the equipment, free from dust and dirt. Equipment needs to be inspected at regular intervals. Defective components must be replaced immediately. Improperly working equipment must be kept out of use until it is repaired. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so.

CARE AND MAINTENANCE

WHAT KIND OF ROUTINE MAINTENANCE IS REQUIRED?
We use sealed bearings throughout our bikes so lubrication is not needed. The most important maintenance step is to simply wipe your perspiration off the bike after each use.

HOW DO I CLEAN MY MACHINE?
Clean with soap and water cleaners only. Never use solvents on plastic parts. Cleanliness of your unit and its operating environment will keep maintenance problems and service calls to a minimum. For this reason, Customer Tech Support recommends that the following preventive maintenance schedule be followed.

DAILY
- Unplug the unit. Clean entire machine using water and a mild soap or other Matrix approved solution (cleaning agents should be alcohol and ammonia free).
- Inspect the power cord. If the power cord is damaged, contact Customer Tech Support.
- Make sure the power cord is not underneath the unit or in any other area where it can become pinched or cut during storage or use.

WEEKLY
Clean underneath the bike, following these steps:
- Turn off the bike.
- Move the bike to a remote location.
- Wipe or vacuum any dust particles or other objects that may have accumulated underneath the bike.
- Return the bike to its previous position.

MONTHLY
- Inspect all assembly bolts and pedals on the machine for proper tightness.
- Clean any debris off of the seat guide rail.

QUARTERLY
- For 7xe consoles, enter service mode and select ‘test’. Select ‘touch calibration’ and then select ‘start’. Follow the on-screen prompts and touch the screen where indicated.

⚠ WARNING

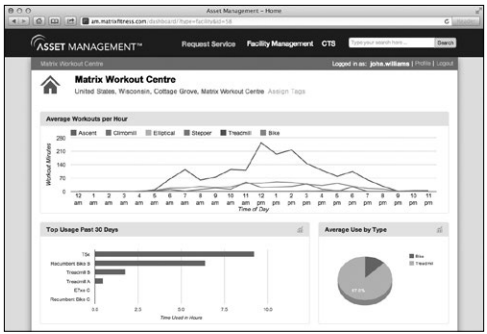
To remove power from the exercise bike, the power cord must be disconnected from the wall outlet.

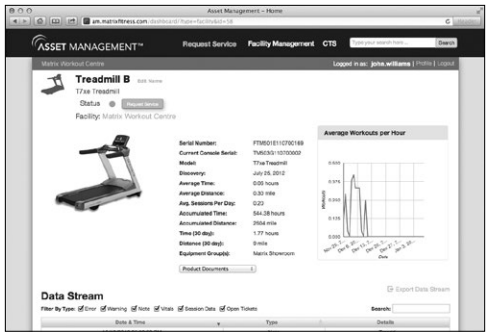
CONSOLE RESPONSIVENESS ISSUES (CONSOLE REBOOT):

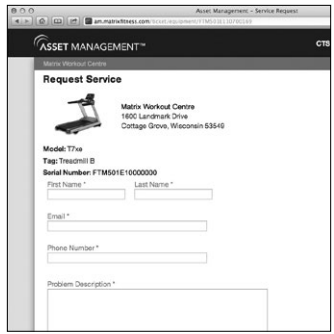
FOR 7XE CONSOLES:

Press and HOLD the Channel Up and Channel Down Button until you hear a Beep. Your console will reset.

MATRIX ASSET MANAGEMENT







The Asset Management system is a feature available on all 5x, 7xe, and 7xi machines designed to allow remote monitoring of cardio equipment.

This web-based feature provides users with the ability to log in from anywhere with internet connectivity and check on the status of all their equipment. The site provides information including serial numbers, time/distance totals, software versions, and a history of any error codes that the unit has shown.

The system will send email notifications for any error messages that occur on the equipment, notifying both Matrix Fitness customer support and the facility.

To provide the best experience possible, Matrix Fitness Asset Management also allows a user to create a service request ticket in the event that there is a problem with a piece of equipment.

Additionally, service guides, parts lists, and unit drawings for each machine are available through the Asset Management site.

Asset Management site: **am.matrixfitness.com**

CYCLE OPERATION

POWER

Your exercise bike may be powered by a power supply. The power must be plugged into the power port, which is located in the front of the machine near the stabilizer tube. Unplug cord when not in use.

⚠ WARNING

Never operate product if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or immersed in water. Contact Customer Tech Support for examination and repair.

HYBRID SEAT HEIGHT

To adjust the seat height on the Hybrid Cycle, pull the orange lever under the seat and lower the seat to the lowest position, stand over the seat and grab the orange lever. Pull the lever and lift until the seat base makes contact with your pelvic bone.

RECUMBENT SEAT HEIGHT

To adjust the seat height on the Recumbent Cycle, locate the orange lever under the seat before you mount the Cycle. Place your right hand on the orange adjustment handle under the seat. Place feet on the ground while seated and slide forward if needed. Place feet on pedals, gently lift lever under the seat. Using legs, slowly push and slide the seat up or down to desired position. Release lever and allow to lock into place.

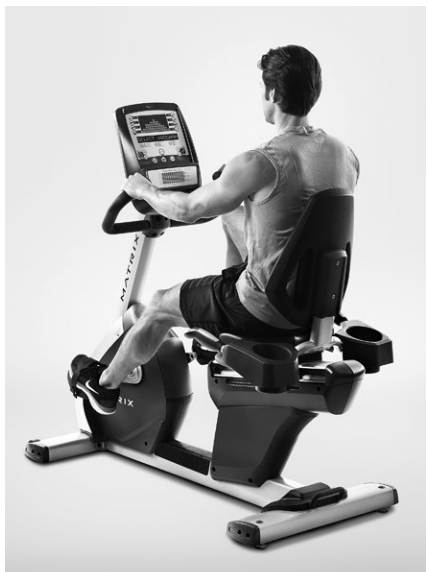
UPRIGHT SEAT HEIGHT

To raise the seat height on the Upright Cycle, pull the seat upward. To lower the seat, locate the orange adjustment lever under the seat and pull the lever up to slide the seat down. Release lever and allow to lock into place.

The seat height adjusts from level 1 to 23. Do not raise the seat past level 23.

PROPER USAGE

To determine proper seat position, sit on the seat and position the ball of your foot on the center of the pedal. Your knee should bend slightly at the furthest pedal position. You should be able to pedal without locking your knees or shifting your weight from side to side. Adjust pedal straps to deisired tightness.



USING THE HEART RATE FUNCTION

The unit is equipped with heart rate pulse grips.

The heart rate function on this product is not a medical device. While heart rate grips can provide a relative estimation of your actual heart rate, they should not be relied on when accurate readings are necessary. Some people, including those in a cardiac rehab program, may benefit from using an alternate heart rate monitoring system like a chest or wrist strap. Various factors, including movement of the user, may affect the accuracy of your heart rate reading. The heart rate reading is intended only as an exercise aid in determining heart rate trends in general. Please consult your physician.

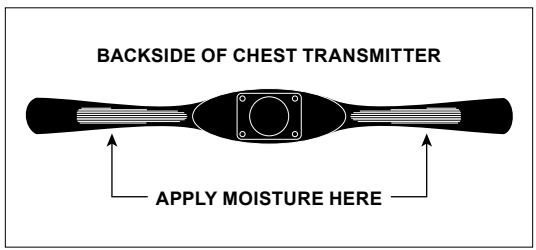
PULSE GRIPS

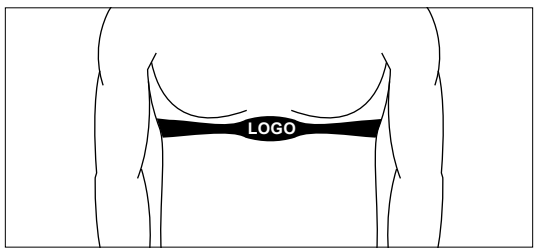
Place the palm of your hands directly on the grip pulse handlebars. Both hands must grip the bars for your heart rate to register. It takes 5 consecutive heart beats (15-20 seconds) for your heart rate to register. When gripping the pulse handlebars, do not grip tightly. Holding the grips tightly may elevate your blood pressure. Keep a loose, cupping hold. You may experience an erratic readout if consistently holding the grip pulse handlebars. Make sure to clean the pulse sensors to ensure proper contact can be maintained.

WIRELESS HEART RATE RECEIVER

When used in conjunction with a **wireless chest transmitter**, your heart rate can be transmitted wirelessly to the unit and displayed on the console.

Prior to wearing the wireless chest transmitter on your chest, moisten the two rubber electrodes with water. Center the chest strap just below the breast or pectoral muscles, directly over your sternum, with the logo facing out. NOTE: The chest strap must be tight and properly placed to receive an accurate and consistent readout. If the chest strap is too loose, or positioned improperly, you may receive an erratic or inconsistent heart rate readout.





⚠ WARNING!

Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.

A
A
Manual
Rolling Hills
Interval Training
Fat Burn
Random
Fitness Test
Heart Rate
Constant Watts
H
Time Elapsed
Program Time
Time Remaining
Calories
RPM
Speed
Distance
METs
Level
C
Time
Level
enter
E
D
cool down
go
stop
G
B
F
Target Heart Rate Zone
220-Age=MHR
(Maximum Heart Rate)
HR (Beats Per Minute)
220
200
180
160
140
120
100
80
20 25 30 35 40 45 50 55 60 65 70
Age
High
(85%-100%)
Moderate
(65%-85%)
Low
(50%-65%)

H3X/ U3X / R3X CONSOLE DESCRIPTION

This equipment is inspected before it is packaged. It is shipped in two pieces: the base and the console. Carefully unpack the unit and dispose of the box material. Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before us

A) **WORKOUT KEYS:** Simple program view and selection buttons.

B) **GO:** One Touch Start.

C) **ENTER:** To confirm each program setting.

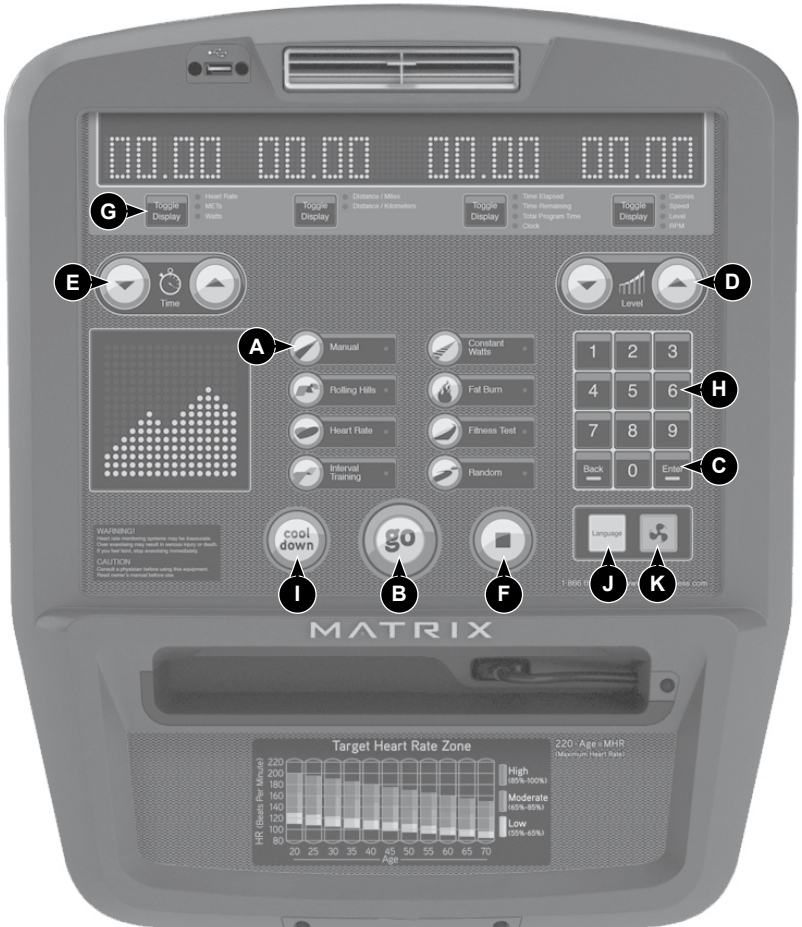
D) **UP/DOWN LEVEL:** Use to adjust level selection.

E) **UP/DOWN TIME:** Use to adjust workout time.

F) **STOP:** Ends workout and shows workout summary data.

G) **COOL DOWN:** Puts the console into Cool Down mode.

H) **TOGGLE DISPLAY:** Allows user to select what information is displayed on each of the three windows on the console. Press and hold to enable/disable scrolling.


00.00
00.00
00.00
00.00
Toggle Display
Heart Rate
METs
Watts
Distance / Miles
Distance / Kilometers
Time Elapsed
Time Remaining
Total Program Time
Clock
Calories
Speed
Level
RPM
Time
Level
Manual
Rolling Hills
Heart Rate
Interval Training
Constant Watts
Fat Burn
Fitness Test
Random
1
2
3
4
5
6
7
8
9
Back
0
Enter
cool down
go
Language
WARNING!
CAUTION
MATRIX
Target Heart Rate Zone
220 - Age = MHR
(Maximum Heart Rate)
HR (Beats Per Minute)
220
200
180
160
140
120
100
80
High (85%-100%)
Moderate (65%-85%)
Low (55%-65%)
20 25 30 35 40 45 50 55 60 65 70
Age
A
B
C
D
E
F
G
H
I
J
K

H5X / U5X / R5X CONSOLE DESCRIPTION

This equipment is inspected before it is packaged. It is shipped in two pieces: the base and the console. Carefully unpack the unit and dispose of the box material. Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before us

A) **WORKOUT KEYS:** Simple program view and selection buttons.

B) **GO:** One Touch Start.

C) **ENTER:** To confirm each program setting.

D) **UP/DOWN LEVEL:** Easy information and level selection.

E) **UP/DOWN TIME:** Easy information and time adjustment.

F) **STOP:** Ends workout and shows workout summary data.

G) **TOGGLE DISPLAY:** Cycles between 2 or 4 rows of workout information displayed in LED window. The console will automatically cycle between the workout information if the Toggle Display button is pushed and held down for 3 seconds.

H) **NUMBER KEYPAD:** Workout data input for workout setup. Level adjustment during workout.

I) **COOL DOWN:** Puts the unit into Cool Down mode.

J) **LANGUAGE:** Select Language.

K) **FAN:** Allows for fan speed selection (fan has three operating speeds).

Nike + iPod
MATRIX
A
go
Virtual Active
Nike + iPod
Manual
Training Workouts
Fat Burn
Constant Watts
Fitness Test
Target Heart Rate
English
Deutsch
Français
Italiano
Español
Nederlands
Português
中文
日本語
MATRIX
TIME
DISTANCE
60:00
0.00
Volume
Channel
iPod
Last Channel
CC / Mute
Display Mode
1
2
3
4
5
6
7
8
9
0
Enter
G
E
H
D
J
F
I

H7XE / U7XE / R7XE CONSOLE DESCRIPTION

This equipment is inspected before it is packaged. It is shipped in two pieces: the base and the console. Carefully unpack the unit and dispose of the box material. Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before us

The 7xe has a fully integrated touch screen display. All information required for workouts is explained on screen. Exploration of the interface is highly encouraged. The information explaining how to program for various workouts will give an explanation about the contents of each screen on the 7xe.

A) **GO:** One Touch Start.

B) **STOP** (displayed on-screen during workout)**:** Ends workout and shows workout summary data.

C) **COOL DOWN** (displayed on-screen during workout)**:** Puts unit into Cool Down mode. Cool Down time is dependent on the length of the workout. Workouts 19 minutes and shorter will have a cool down length of 2 minutes. Workouts 20 minutes and longer will have a cool down length of 5 minutes.

7XE ENTERTAINMENT ZONE

D) **IPOD®:** Will take the user directly to the iPod screen to allow for iPod control and playlist selection.

E) **VOLUME UP/DOWN:** Adjusts the volume output through headphones.

F) **CC/MUTE:** Mutes sound and turns closed captioning on or off.

G) **NUMBER KEYPAD:** Allows for easy number inputs.

H) **CHANNEL UP/DOWN:** Allows for channel selection on the integrated console TV.

I) **DISPLAY MODE:** Allows user to cycle through console display options, iPod, TV or profile display.

J) **LAST CHANNEL:** Allows the user to cycle between the current channel and the previous channel they were viewing.

English
MATRIX
picard
A
go
MANUAL
ROLLING HILLS
FAT BURN
VIRTUAL ACTIVE
GOAL BASED
5K
FITNESS TEST
THR
MATRIX
D
J
F
I
E
H
iPod
Last Channel
CC/ Mute
Display Mode
Volume
Channel
Press Go to Begin
1 2 3
4 5 6
7 8 9
– 0 Enter
G
WARNING!
CAUTION

H7XI / U7XI / R7XI CONSOLE DESCRIPTION

This equipment is inspected before it is packaged. It is shipped in two pieces: the base and the console. Carefully unpack the unit and dispose of the box material. Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

The 7xi has a fully integrated touch screen display. All information required for workouts is explained on screen. Exploration of the interface is highly encouraged. The information explaining how to program for various workouts will give an explanation about the contents of each screen on the 7xi.

A) **GO:** One Touch Start.

B) **STOP** (displayed on-screen during workout)**:** Ends workout and shows workout summary data.

C) **COOL DOWN** (displayed on-screen during workout)**:** Puts unit into Cool Down mode. Cool Down time is dependent on the length of the workout. Workouts 19 minutes and shorter will have a cool down length of 2 minutes. Workouts 20 minutes and longer will have a cool down length of 5 minutes.

7XI ENTERTAINMENT ZONE

D) **IPOD®:** Will take the user directly to the iPod screen to allow for iPod control and playlist selection.

E) **VOLUME UP/DOWN:** Adjusts the volume output through headphones.

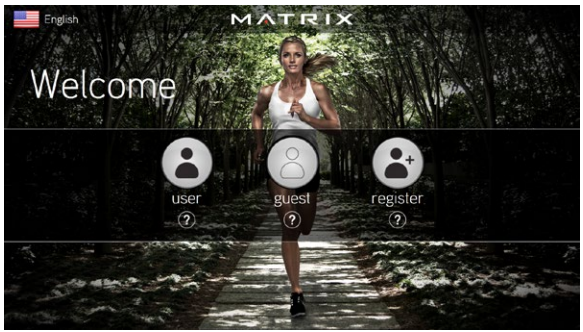
F) **CC/MUTE:** Mutes sound and turns closed captioning on or off.

G) **NUMBER KEYPAD:** Allows for easy number inputs.

H) **CHANNEL UP/DOWN:** Allows for channel selection on the integrated console TV.

I) **DISPLAY MODE:** Allows user to cycle through console display options, iPod, TV or profile display.

J) **LAST CHANNEL:** Allows the user to cycle between the current channel and the previous channel they were viewing.



GO SCREEN

- Touch the **WORKOUT PROGRAM** of your choice and follow the on-screen prompts or touch **GO** to begin working out.

7XI CONSOLE OPERATION

GETTING STARTED

(For help or more information, touch **?**.)

WELCOME SCREEN

- Touch the **USER** button to sign-in with your XID.
- Touch the **GUEST** button to workout anonymously.
- Touch the **REGISTER** button to create a new XID.

USER SIGN-IN

1) Enter your **XID** and touch ✓ or ❯.
2) Enter your **PASSCODE** and touch ✓ or ❯.
3) A screen will appear showing you are signed-in successfully.

REGISTER A NEW USER

1) Touch **REGISTER**, select **IMPERIAL** or **METRIC** and enter a unique **XID** that is ten digits in length. Touch ✓ or ❯ to continue.
2) Enter your **EMAIL ADDRESS** and touch the ❯ to continue.
3) Enter your 4-digit **PASSCODE** and touch **ENTER** or ❯ to continue.
4) Re-enter your 4-digit **PASSCODE** and touch **ENTER** or ❯ to continue.
5) Select your **GENDER**, enter your **DATE OF BIRTH** (Day -Month-Year) and touch ✓ or ❯ to continue.
6) Enter your **WEIGHT** and touch ✓ or ❯ to continue.
7) Touch ❮ to go back and change any of your entries. Touch ❯ to complete registration.
8) Your account is now active and you are signed-in.

FEATURED CONTENT

- When the workout starts, featured content is displayed. Touch to access homescreen.

HOMESCREEN

- The **USERNAME** or **GUEST** is shown in the upper right-hand corner.
- Touch to change **WORKOUT STATISTICS** displayed at the bottom of the screen.
- Touch a **FLAG** to change the language.
- Touch to go back to the home screen whenever you're using an app.
- Touch to switch between different audio source (TV, iPod, Virtual Active, Media Player, etc.).
- Touch to see WiFi or Ethernet connectivity.
- Touch to display your heart rate.
- Touch to display current weather warnings in your area.
- Touch or buttons to change intensity level and/or speed and to alternate between two (user defined) intensity levels. NOTE: the user will need to confirm a change in speed by touching the flashing 'OK' button on the screen.
- Touch to end your workout.
- Touch to temporarily stop your workout and touch to resume. NOTE: After is touched, speed, incline and resistance levels be reset.
- Touch to enter cool down mode. Cool down lasts for a few minutes while reducing the workout intensity, allowing your body to recover from your workout.
- Touch to prevent accidental screen touches from being implemented. Touch it again to unfreeze the screen and browse through features and make intentional changes to your entertainment or workout.
- Touch to turn the fan on. There are three fan speeds (low, medium, high).

HOMESCREEN:

7XI APPS AND ENTERTAINMENT

- **FEATURED CONTENT** - Displays featured videos, music and workouts according to frequently-accessed content.
- **SIMPLE** - Workout stats are displayed in 3 customizeable windows.
- **PROFILE** - Your workout info is displayed and Virtual Active courses are shown. With Virtual Active, escape the confines of an ordinary workout as you or walk or run through exotic destinations.
- **IPOD** - Connect and control audio and video files on-screen.
- **FACEBOOK** - Browse your Facebook page while you work out.
- **TWITTER** - Access your Twitter feed while you work out.
- **TV** - Watch live TV.
- **WEATHER** - Get local weather info.
- **YOUTUBE** - Browse and watch YouTube videos while you work out.
- **FACILITY** - View Facility event schedule and other info.
- **CHANGE WORKOUT** - Select a different workout without stopping your current workout.

PROFILE / VIRTUAL ACTIVE SCREEN:

- **MEDIA PLAYER** - Connect and control audio and video files on-screen via USB port.
- **ON DEMAND TV** - Watch On Demand video content while you work out.
- **ON DEMAND MUSIC** - Watch On Demand music content while you work out.
- **MYFITNESSPAL** - Lose weight with MyFitnessPal, the fastest and easiest to use calorie counter.

NOTE: Availability of apps is subject to change. Additional apps may become available.

Made for iPod iPhone

"Made for iPod" and "Made for iPhone" mean that an electronic accessory has been designed to connect specifically to iPod or iPhone, respectively, and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards. Please note that the use of this accessory with iPod or iPhone may affect wireless performance. iPod and iPhone are trademarks of Apple Inc., registered in the U.S. and other countries.

NIKE + IPOD INSTRUCTIONS (7XE CONSOLES ONLY)

REQUIREMENTS

Nike + iPod – compatible iPod or iPhone (See www.apple.com/nikeplus for more information).

Before syncing your Apple device, you must first create a free Nike + iPod account at www.nikerunning.com and have the Nike + iPod App turned on in the settings of your device.

GETTING STARTED

1) Before connecting your Apple device, you must first turn on Nike + iPod within the settings of the device.
2) Dock your Apple device and wait for authentication to complete. This may take up to 10 seconds. After authentication is complete, your iPod-specific console controls will be active.
3) If your iPod or iPhone is Nike Plus compatible, your workout will begin recording automatically to your Nike + iPod – compatible device.
4) When your workout is complete, your workout data will be recorded to your Nike Plus compatible device.
5) Log into your Nike Running account to review and track your workouts.

"Made for iPod" means that an electronic accessory has been designed to connect specifically to iPod and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards. iPod is a trademark of Apple Inc., registered in the U.S. and other countries.

MANAGER MODE AND ENGINEERING MODE

3X AND 5X CONSOLES:

These sections allow users to manipulate default settings for the machines. It may be accessed by pressing the **Level Up / Level Down** keys simultaneously for 5 seconds. To change a setting, press "**Enter**" on the keypad under 'Manager Mode' or 'Engineering Mode' and use the level buttons and numeric keypad to enter a category and change the values. Pressing "**Enter**" again will save the change. Pressing "**Back**" or "**Stop**" will bring you to the previous menu. To exit Manager or Engineering Mode, hold "**Stop**" down for 5 seconds. Below is a list of the settings that can be changed.

MANAGER MODE SETTINGS:		**ENGINEERING MODE SETTINGS:**	
Default Time	Software Version	Disable Errors	Club ID
Default Level	Speed/Distance Mode	Speed Units	ErP Time
Default Age	Out of Order	Machine Type	Am System
Default Weight	Gender	Power Save Time	Audio Source
Accumulated Distance	Sound Mode	Pause Time	Volume control
Accumulated Time	Maximum Time	Serial Number	
Language			

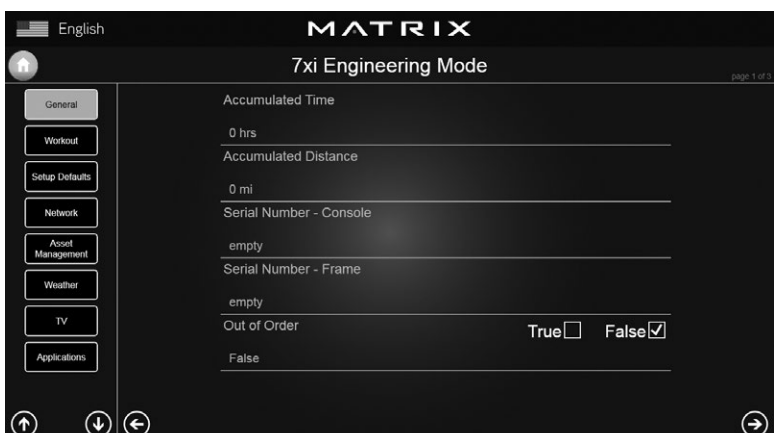
7XE AND 7XI CONSOLES:

These sections allow users to manipulate default settings for the machines. Manager Mode may be accessed by pressing **ENTER, 1, 0, 0, 1, Enter** on the keypad. Engineering Mode may be accessed by pressing **ENTER, 2, 0, 0, 1, Enter** on the keypad. The screen shots on the next page show what you will see when you enter Manager Mode and Engineering Mode.

This console has a fully integrated touch screen display. Lightly touch the screen and use the intuitive interface to adjust the settings. Any and all changes made will be saved when the "**home**" button is touched in the upper left-hand corner of the screen. Touching the "**home**" button will exit manager or engineering mode and return you to the main screen. It is not necessary to touch this button after each setting is changed.

7XE - MANAGER AND ENGINEERING MODE

7XI - MANAGER AND ENGINEERING MODE



CYCLE WORKOUTS

NOTE:
The individual human power required to perform an exercise may be different than the mechanical power displayed.

These exercise devices are a Class A products. These products display the power input into the exercise device in watts. These products have been tested to ensure that the watts displayed on the console is accurate to within +/- 10 % when the power input is greater than 50W, and is accurate to within +/- 5 W when the power input is 50W or below. The user is not required to calibrate these exercise devices.

The testing parameters used to determine watts accuracy were:

- Training speed of 60 RPM measured at the crank axle;
- Resistance level set to the following levels: 1, 5, 10, 20, and maximum level.

WORKOUT DESCRIPTIONS

QUICK START OPERATION

Press the **GO** button and the machine will enter into a manual mode of operation. All energy expenditure values will be calculated using the default weight measurement.

MANUAL WORKOUT OPERATION

Manual is a workout that allows you to manually adjust the resistance levels at any time. The manual workout also contains a setup screen which allows you to input your weight to help calculate a more accurate caloric burn rate.

To enter into this workout on the 3x or 5x, use the following guidelines. To enter into this workout on the 7xe and 7xi, follow the on-screen prompts.

1) Choose **MANUAL** by selecting the manual workout button and press **ENTER**.
2) Enter the desired intensity level using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.
3) Enter the desired time using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
4) Enter user weight (user weight is used to calculate the caloric expenditure value-providing an accurate weight helps to ensure an accurate caloric expenditure rating for each user) using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
5) Press **GO** to begin the workout.

NOTE: Programs may vary based on model and default settings.

LEVEL BASED PROGRAMS

Your Matrix machine offers a variety of level-based workouts to challenge users of all fitness levels. The following information will briefly explain the workout and how to program the machine for each workout selection.

ROLLING HILLS WORKOUT OPERATION

Rolling hills is a level-based workout that automatically adjusts the resistance value to simulate riding up hills.

To enter into this workout on the 3x or 5x, use the following guidelines. To enter into this workout on the 7xe and 7xi, follow the on-screen prompts.

1) Choose **ROLLING HILLS** by selecting the rolling hills workout button and press **ENTER**.
2) Enter the desired intensity level using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
3) Enter the desired time using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
4) Enter user weight (user weight is used to calculate the caloric expenditure value-providing an accurate weight helps to ensure an accurate caloric expenditure rating for each user) using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
5) Press **GO** to begin the workout.

INTERVAL TRAINING

Interval Training is a level-based workout that automatically adjusts the intensity in a series of low- to high-intensity levels.

To enter into this workout on the 3x or 5x, use the following guidelines. To enter into this workout on the 7xe and 7xi, follow the on-screen prompts.

1) Choose **INTERVAL TRAINING** by selecting the interval training workout button and press **ENTER**.
2) Enter the desired intensity level using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
3) Enter the desired time using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
4) Enter user weight (user weight is used to calculate the caloric expenditure value-providing an accurate weight helps to ensure an accurate caloric expenditure rating for each user) using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
5) Press **GO** to begin the workout.

NOTE: Programs may vary based on model and default settings.

WORKOUT DESCRIPTIONS

USER DEFINED PROGRAMS (RANDOM)

There are 20 workout profiles in random mode. Profile will change each time random button is pressed.

To enter into this workout on the 3x or 5x, use the following guidelines. To enter into this workout on the 7xe and 7xi, follow the on-screen prompts.

1) Press the **RANDOM** button and choose a workout profile.
2) Enter your desired intensity level using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.
3) Enter your desired Time using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.
4) Enter your Weight using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.
5) Press **GO** to begin the workout.

FAT BURN WORKOUT OPERATION

Fat burn is a level-based workout that is designed to help users burn fat through various resistance changes.

To enter into this workout on the 3x or 5x, use the following guidelines. To enter into this workout on the 7xe and 7xi, follow the on-screen prompts.

1) Choose **FAT BURN** by selecting the fat burn workout button and press **ENTER**.
2) Enter the desired intensity level using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
3) Enter the desired time using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
4) Enter user weight (user weight is used to calculate the caloric expenditure value-providing an accurate weight helps to ensure an accurate caloric expenditure rating for each user) using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
5) Press **GO** to begin the workout.

NOTE: Programs may vary based on model and default settings.

HEART RATE CONTROL WORKOUT OPERATION

Your Matrix machine offers a heart rate control workout mode. The heart rate control workout mode allows the user to program their desired heart rate zone and the machine will automatically adjust the level based upon the user's heart rate. The heart rate zone is calculated using the following equation: (220-Age) * % = target heart rate zone. The user must wear a telemetric heart rate monitor or continually hold onto the contact heart rate grips for this workout.

To enter into this workout on the 3x or 5x, use the following guidelines. To enter into this workout on the 7xe and 7xi, follow the on-screen prompts.

1) Choose **HEART RATE** by selecting the target heart rate workout button and press **ENTER**.
2) Enter age using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
3) Enter the desired percent of maximum heart rate using the **ARROW KEYS** and press **ENTER**.
4) Enter the desired time using the A**RROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
5) Enter user weight (user weight is used to calculate the caloric expenditure value, providing an accurate weight helps to ensure an accurate caloric expenditure rating for each user) using the **ARROW KEYS** or the **NUMBER KEYPAD** and press **ENTER**.
6) Press **GO** to begin the workout.

FITNESS TEST

This test measures cardiovascular fitness and provides an estimated sub-maximal VO2 result. It is based on power output according to ACSM standards and was developed by the Cooper Institute (© www.cooperinstitute.org)

User RPMs must remain between 60-80 RPM during the test.

The test will end when the user can no longer maintain this speed. Use of a heart rate strap is optional but provides more data.

The test starts at a low intensity level and gradually increases in intensity (difficulty) every 2 minutes. As it increases, the user must maintain 60-80RPM to advance to the next level. The test could take upwards of 30+ minutes for very fit individuals. Once the test ends a recovery period (cool down) will begin and the user's results are calculated and displayed. Results are based on the number of stages completed:

Stage Complete:

1	Well Below Average
2	Well Below Average
3	Below Average
4	Below Average
5	Average
6	Average
7	Above Average
8	Above Average
9+	Well Above Average

NOTE: Programs may vary based on model and default settings.

WORKOUT DESCRIPTIONS

CONSTANT WATTS

This program allows you to vary your cadence or RPM and the machine's resistance will adjust accordingly to your selected goal. The quicker your stride the less resistance for the goal selected.

To enter into this workout on the 3x or 5x, use the following guidelines. To enter into this workout on the 7xe and 7xi, follow the on-screen prompts.

1) Press **CONSTANT WATTS**
2) Enter your desired **WATT** using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.
3) Enter your desired **TIME** using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.
4) Enter your **WEIGHT** using the **ARROW KEYS** or **NUMBER KEYPAD** and press **ENTER**.
5) Press **GO** to begin the workout.

NOTE: Programs may vary based on model and default settings.

PRODUCT SPECIFICATIONS

HYBRID CYCLE PRODUCT SPECIFICATIONS

CONSOLE	H7xi	H7xe	H5x	H3x
FRAME	H-3x-5x-7x			
FEATURES				
CONTACT & TELEMETRIC HR SENSORS	YES	YES	YES	YES
HANDLEBAR DESIGN	SEAT SIDE AND FRONT VERTICAL ERGO BEND	SEAT SIDE AND FRONT VERTICAL ERGO BEND	SEAT SIDE AND FRONT VERTICAL ERGO BEND	SEAT SIDE AND FRONT VERTICAL ERGO BEND
INTEGRATED ARM RESTS	YES	YES	YES	YES
THUMB SWITCH CONTROLS	YES	YES	YES	YES
RESISTANCE SYSTEM				
TECHNOLOGY	JID BRUSHLESS GENERATOR	JID BRUSHLESS GENERATOR	JID BRUSHLESS GENERATOR	JID BRUSHLESS GENERATOR
POWER REQUIREMENTS	POWERED 100-125 V, 60 HZ OR 216-250 V, 50 HZ	SELF POWERED - POWERED 100-125 V, 60 HZ OR 216-250 V, 50 HZ	SELF POWERED - POWERED 100-125 V, 60 HZ OR 216-250 V, 50 HZ	SELF POWERED - POWERED 100-125 V, 60 HZ OR 216-250 V, 50 HZ
MINIMUM WATTS	NA	10 SELF POWERED	7 SELF POWERED	7 SELF POWERED
MINIMUM RPM	NA	25 POWERED / 25 SELF-POWERED	25 POWERED & SELF-POWERED	25 POWERED / 25 SELF-POWERED
CONSOLE				
DISPLAY TYPE	16" / 40.6 CM CLASS PROJECTIVE CAPACITIVE TOUCH SCREEN LCD (16:9)	15" / 38.1 CM TOUCH SCREEN LCD	DOT MATRIX LED WITH PROFILE DISPLAY	14-SEG ALPHANUMERIC, 8X16 LED GRAPHIC, DOT MATRIX LED WITH PROFILE DISPLAY
DISPLAY FEEDBACK	TIME ELAPSED, TIME REMAINING, TOTAL PROGRAM TIME, CLOCK, DISTANCE (KILOMETERS OR MILES), CALORIES, CALORIES PER HOUR, SPEED, LEVEL, RPM, HEART RATE, METS, WATTS, STATIC PROFILE DISPLAY, HD DYNAMIC PROFILE DISPLAY	TIME ELAPSED, TIME REMAINING, TOTAL PROGRAM TIME, CLOCK, DISTANCE (KILOMETERS OR MILES), CALORIES, CALORIES PER HOUR, SPEED, LEVEL, RPM, HEART RATE, METS, WATTS, STATIC PROFILE DISPLAY, DYNAMIC PROFILE DISPLAY	TIME ELAPSED, TIME REMAINING, TOTAL PROGRAM TIME, CLOCK, DISTANCE (KILOMETERS OR MILES), CALORIES, SPEED, LEVEL, RPM, HEART RATE, METS, WATTS, STATIC PROFILE DISPLAY	TIME ELAPSED, TIME REMAINING, PROGRAM TIME, SPEED, METS, LEVEL, CALORIES, RPM, WATTS, HEART RATE, STATIC PROFILE DISPLAY
USER DEFINED MULTI-LANGUAGE DISPLAY	YES - ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, CHINESE, JAPANESE, KOREAN, SWEDISH, FINNISH, RUSSIAN, ARABIC	YES - ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, CHINESE, JAPANESE, KOREAN, SWEDISH, FINNISH, RUSSIAN, ARABIC	YES - ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, SWEDISH, FINNISH, JAPANESE	NO - ACCESSIBLE THROUGH MANAGER MENU: ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, SWEDISH, FINNISH
RESISTANCE LEVELS	30	30	30	30
WORKOUTS	MANUAL, ROLLING HILLS, INTERVAL TRAINING, RANDOM, FAT BURN, FITNESS TEST, HEART RATE, CONSTANT WATTS, VIRTUAL ACTIVE, GOAL-BASED WORKOUTS	MANUAL, ROLLING HILLS, INTERVAL TRAINING, RANDOM, FAT BURN, FITNESS TEST, HEART RATE, CONSTANT WATTS	MANUAL, ROLLING HILLS, INTERVAL TRAINING, RANDOM, FAT BURN, FITNESS TEST, HEART RATE, CONSTANT WATTS	MANUAL, ROLLING HILLS, INTERVAL TRAINING, RANDOM, FAT BURN, FITNESS TEST, HEART RATE, CONSTANT WATTS
CSAFE READY - FITLINXX™ CERTIFIED	YES	NO	NO	NO
NETPULSE COMPATIBLE	YES	NO	YES	NO
ON-THE-FLY PROGRAM CHANGE	YES	YES	YES	YES
FIT TOUCH TECHNOLOGY™	YES	YES	NO	NO
INTEGRATED VISTA CLEAR™ DIGITAL READY TELEVISION	YES - 16" / 40.6 CM CLASS PROJECTIVE CAPACITIVE TOUCH SCREEN LCD (16:9)	YES - 15" / 38.1 CM TOUCH SCREEN LCD	NO	NO
VIRTUAL ACTIVE™ COMPATIBLE	YES - INCLUDED	YES	NO	NO
FITCONNEXION™ READY	NO	NO	YES	YES
WIFI	YES	YES	YES	NO
ETHERNET PORT	YES	YES	YES	YES
WEB CONNECTIVITY	YES - CUSTOM APP INTERFACE IN ADDITION TO WEB BROWSER	NO	NO	NO
FACILITY COMMUNICATOR PORTAL/ CALENDAR	YES - PROGRAMMED THROUGH ASSET MANAGEMENT	NO	NO	NO
ASSET MANAGEMENT COMPATIBLE	YES - INCLUDED	YES	YES	NO
IPOD® COMPATIBLE	YES	YES	YES - CHARGING ONLY	NO
IPHONE® COMPATIBLE	YES	YES - CHARGING ONLY	YES - CHARGING ONLY	NO
USB PORT	YES	YES	YES	YES
MULTIMEDIA PLAYBACK	YES - THROUGH USB PORT (COMPATIBLE WITH MOST POPULAR TABLET AND SMART PHONE SYSTEMS)	NO	NO	NO
NIKE + IPOD® COMPATIBLE	NO	YES	NO	NO
PERSONAL FAN	YES	YES	YES	NO
TECH SPECS				
OVERALL DIMENSIONS L X W X H	57.8" X 25.8" X 53.3" (W/O CONSOLE) 146.8 X 65.4 X 135.4 CM (W/O CONSOLE)	57.4" X 28.8" X 58.6" 145.7 X 73.2 X 148.9 CM	57.4" X 28.8" X 58.6" 145.7 X 73.2 X 148.9 CM	57.4" X 28.8" X 57.4" 145.7 X 73.2 X 145.8 CM
CRANK DESIGN	THREE PIECES WITH INTEGRATED PULLER	SINGLE PIECE	SINGLE PIECE	SINGLE PIECE
MAXIMUM USER WEIGHT	400 LBS/182 KG	400 LBS/182 KG	400 LBS/182 KG	400 LBS/182 KG
WEIGHT	184 LBS/83.7 KG	184 LBS/83.7 KG	191 LBS/86.7 KG	181 LBS/82.2 KG
SHIPPING WEIGHT	216 LBS/98.5 KG	216 LBS/98.5 KG	212 LBS/96.6 KG	212 LBS/96.5 KG

NORTH AMERICAN SPECIFICATIONS SHOWN. SPECIFICATIONS SUBJECT TO CHANGE. FOR LATEST SPECIFICATIONS PLEASE VISIT WWW.MATRIXFITNESS.COM

RECUMBENT CYCLE PRODUCT SPECIFICATIONS

CONSOLE	R7xi	R7xe	R5x	R3x
FRAME	R-3x-5x-7x			
FEATURES				
CONTACT & TELEMETRIC HR SENSORS	YES	YES	YES	YES
HANDLEBAR DESIGN	SEAT SIDE AND FRONT VERTICAL ERGO BEND	SEAT SIDE AND FRONT VERTICAL ERGO BEND	SEAT SIDE AND FRONT VERTICAL ERGO BEND	SEAT SIDE AND FRONT VERTICAL ERGO BEND
INTEGRATED ARM RESTS	YES	YES	YES	YES
THUMB SWITCH CONTROLS	YES	YES	YES	YES
RESISTANCE SYSTEM				
TECHNOLOGY	JID BRUSHLESS GENERATOR	JID BRUSHLESS GENERATOR	JID BRUSHLESS GENERATOR	JID BRUSHLESS GENERATOR
POWER REQUIREMENTS	POWERED 100-125 V, 60 HZ OR 216-250 V, 50 HZ	SELF POWERED - POWERED 100-125 V, 60 HZ OR 216-250 V, 50 HZ	SELF POWERED - POWERED 100-125 V, 60 HZ OR 216-250 V, 50 HZ	SELF POWERED - POWERED 100-125 V, 60 HZ OR 216-250 V, 50 HZ
MINIMUM WATTS	NA	10 SELF POWERED	7 SELF POWERED	7 SELF POWERED
MINIMUM RPM	NA	25 POWERED / 25 SELF-POWERED	25 POWERED & SELF-POWERED	25 POWERED / 25 SELF-POWERED
CONSOLE				
DISPLAY TYPE	16" / 40.6 CM CLASS PROJECTIVE CAPACITIVE TOUCH SCREEN LCD (16:9)	15" / 38.1 CM TOUCH SCREEN LCD	DOT-MATRIX LED	14-SEG ALPHANUMERIC, 8X16 LED GRAPHIC DISPLAY
DISPLAY FEEDBACK	TIME ELAPSED, TIME REMAINING, TOTAL PROGRAM TIME, CLOCK, DISTANCE (KILOMETERS OR MILES), CALORIES, CALORIES PER HOUR, SPEED, LEVEL, RPM, HEART RATE, METS, WATTS, STATIC PROFILE DISPLAY, HD DYNAMIC PROFILE DISPLAY	TIME ELAPSED, TIME REMAINING, TOTAL PROGRAM TIME, CLOCK, DISTANCE (KILOMETERS OR MILES), CALORIES, CALORIES PER HOUR, SPEED, LEVEL, RPM, HEART RATE, METS, WATTS, STATIC PROFILE DISPLAY, DYNAMIC PROFILE DISPLAY	TIME ELAPSED, TIME REMAINING, TOTAL PROGRAM TIME, CLOCK, DISTANCE (KILOMETERS OR MILES), CALORIES, SPEED, LEVEL, RPM, HEART RATE, METS, WATTS, STATIC PROFILE DISPLAY	TIME ELAPSED, TIME REMAINING, PROGRAM TIME, SPEED, METS, LEVEL, CALORIES, RPM, WATTS, HEART RATE, STATIC PROFILE DISPLAY
USER DEFINED MULTI-LANGUAGE DISPLAY	YES - ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, CHINESE, JAPANESE, KOREAN, SWEDISH, FINNISH, RUSSIAN, ARABIC	YES - ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, CHINESE, JAPANESE, KOREAN, SWEDISH, FINNISH, RUSSIAN, ARABIC	YES - ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, SWEDISH, FINNISH, JAPANESE	NO - ACCESSIBLE THROUGH MANAGER MENU: ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, SWEDISH, FINNISH
RESISTANCE LEVELS	30	30	30	30
WORKOUTS	MANUAL, ROLLING HILLS, INTERVAL TRAINING, RANDOM, FAT BURN, FITNESS TEST, HEART RATE, CONSTANT WATTS, VIRTUAL ACTIVE, GOAL-BASED WORKOUTS	MANUAL, ROLLING HILLS, INTERVAL TRAINING, RANDOM, FAT BURN, FITNESS TEST, HEART RATE, CONSTANT WATTS	MANUAL, ROLLING HILLS, INTERVAL TRAINING, RANDOM, FAT BURN, FITNESS TEST, HEART RATE, CONSTANT WATTS	MANUAL, ROLLING HILLS, INTERVAL TRAINING, RANDOM, FAT BURN, FITNESS TEST, HEART RATE, CONSTANT WATTS
CSAFE READY - FITLINXX™ CERTIFIED	YES	NO	NO	NO
NETPULSE COMPATIBLE	YES	NO	YES	NO
ON-THE-FLY PROGRAM CHANGE	YES	YES	YES	YES
FIT TOUCH TECHNOLOGY™	YES	YES	NO	NO
INTEGRATED VISTA CLEAR™ DIGITAL READY TELEVISION	YES - 16" / 40.6 CM CLASS PROJECTIVE CAPACITIVE TOUCH SCREEN LCD (16:9)	YES - 15" / 38.1 CM TOUCH SCREEN LCD	NO	NO
VIRTUAL ACTIVE™ COMPATIBLE	YES - INCLUDED	YES	NO	NO
FITCONNEXION™ READY	NO	NO	YES	YES
WIFI	YES	YES	YES	NO
ETHERNET PORT	YES	YES	YES	YES
WEB CONNECTIVITY	YES - CUSTOM APP INTERFACE IN ADDITION TO WEB BROWSER	NO	NO	NO
FACILITY COMMUNICATOR PORTAL/ CALENDAR	YES - PROGRAMMED THROUGH ASSET MANAGEMENT	NO	NO	NO
ASSET MANAGEMENT COMPATIBLE	YES - INCLUDED	YES	YES	NO
IPOD® COMPATIBLE	YES	YES	YES - CHARGING ONLY	NO
IPHONE® COMPATIBLE	YES	YES - CHARGING ONLY	YES - CHARGING ONLY	NO
USB PORT	YES	YES	YES	YES
MULTIMEDIA PLAYBACK	YES - THROUGH USB PORT (COMPATIBLE WITH MOST POPULAR TABLET AND SMART PHONE SYSTEMS)	NO	NO	NO
NIKE + IPOD® COMPATIBLE	NO	YES	NO	NO
PERSONAL FAN	YES	YES	YES	NO
TECH SPECS				
OVERALL DIMENSIONS L X W X H	59.2" X 25.8" X 44" (W/O CONSOLE) 150.3 X 65.4 X 111.3 CM (W/O CONSOLE)	63.2" X 28.8" X 54.6" 160.5 X 73.2 X 138.8 CM	63.2" X 28.8" X 54.6" 160.5 X 73.2 X 138.8 CM	63.2" X 28.8" X 53.3" 160.5 X 73.2 X 135.3 CM
CRANK DESIGN	SINGLE PIECE	SINGLE PIECE	SINGLE PIECE	SINGLE PIECE
MAXIMUM USER WEIGHT	400 LBS/182 KG	400 LBS/182 KG	400 LBS/182 KG	400 LBS/182 KG
WEIGHT	171 L BS/77.7 KG	171 L BS/77.7 KG	167 LBS/76 KG	167 LBS/76.2 KG
SHIPPING WEIGHT	208 LBS/94.5 KG	208 LBS/94.5 KG	204 LBS/92.6 KG	203 LBS/92.5 KG

NORTH AMERICAN SPECIFICATIONS SHOWN. SPECIFICATIONS SUBJECT TO CHANGE. FOR LATEST SPECIFICATIONS PLEASE VISIT WWW.MATRIXFITNESS.COM

UPRIGHT CYCLE PRODUCT SPECIFICATIONS

CONSOLE	U7xi	U7xe	U5x	U3x
FRAME	H-3x-5x-7x			
FEATURES				
CONTACT & TELEMETRIC HR SENSORS	YES	YES	YES	YES
HANDLEBAR DESIGN	FULL RACING STYLE WITH ELBOW SUPPORT	FULL RACING STYLE WITH ELBOW SUPPORT	FULL RACING STYLE WITH ELBOW SUPPORT	FULL RACING STYLE WITH ELBOW SUPPORT
INTEGRATED ARM RESTS	N/A	N/A	N/A	N/A
THUMB SWITCH CONTROLS	YES	YES	YES	YES
RESISTANCE SYSTEM				
TECHNOLOGY	JID BRUSHLESS GENERATOR	JID BRUSHLESS GENERATOR	JID BRUSHLESS GENERATOR	JID BRUSHLESS GENERATOR
POWER REQUIREMENTS	POWERED 100-125 V, 60 HZ OR 216-250 V, 50 HZ	SELF POWERED - POWERED 100-125 V, 60 HZ OR 216-250 V, 50 HZ	SELF POWERED - POWERED 100-125 V, 60 HZ OR 216-250 V, 50 HZ	SELF POWERED - POWERED 100-125 V, 60 HZ OR 216-250 V, 50 HZ
MINIMUM WATTS	NA	10 SELF POWERED	7 SELF POWERED	7 SELF POWERED
MINIMUM RPM	NA	25 POWERED / 25 SELF-POWERED	25 POWERED & SELF-POWERED	25 POWERED / 25 SELF-POWERED
CONSOLE				
DISPLAY TYPE	16" / 40.6 CM CLASS PROJECTIVE CAPACITIVE TOUCH SCREEN LCD (16:9)	15" / 38.1 CM TOUCH SCREEN LCD	DOT-MATRIX LED	14-SEG ALPHANUMERIC, 8X16 LED GRAPHIC DISPLAY
DISPLAY FEEDBACK	TIME ELAPSED, TIME REMAINING, TOTAL PROGRAM TIME, CLOCK, DISTANCE (KILOMETERS OR MILES), CALORIES, CALORIES PER HOUR, SPEED, LEVEL, RPM, HEART RATE, METS, WATTS, STATIC PROFILE DISPLAY, HD DYNAMIC PROFILE DISPLAY	TIME ELAPSED, TIME REMAINING, TOTAL PROGRAM TIME, CLOCK, DISTANCE (KILOMETERS OR MILES), CALORIES, CALORIES PER HOUR, SPEED, LEVEL, RPM, HEART RATE, METS, WATTS, STATIC PROFILE DISPLAY, DYNAMIC PROFILE DISPLAY	TIME ELAPSED, TIME REMAINING, TOTAL PROGRAM TIME, CLOCK, DISTANCE (KILOMETERS OR MILES), CALORIES, SPEED, LEVEL, RPM, HEART RATE, METS, WATTS, STATIC PROFILE DISPLAY	TIME ELAPSED, TIME REMAINING, PROGRAM TIME, SPEED, METS, LEVEL, CALORIES, RPM, WATTS, HEART RATE, STATIC PROFILE DISPLAY
USER DEFINED MULTI-LANGUAGE DISPLAY	YES - ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, CHINESE, JAPANESE, KOREAN, SWEDISH, FINNISH, RUSSIAN, ARABIC	YES - ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, CHINESE, JAPANESE, KOREAN, SWEDISH, FINNISH, RUSSIAN, ARABIC	YES - ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, SWEDISH, FINNISH, JAPANESE	NO - ACCESSIBLE THROUGH MANAGER MENU: ENGLISH, GERMAN, FRENCH, ITALIAN, SPANISH, DUTCH, PORTUGUESE, SWEDISH, FINNISH
RESISTANCE LEVELS	30	30	30	30
WORKOUTS	MANUAL, ROLLING HILLS, INTERVAL TRAINING, RANDOM, FAT BURN, FITNESS TEST, HEART RATE, CONSTANT WATTS, VIRTUAL ACTIVE, GOAL-BASED WORKOUTS	MANUAL, ROLLING HILLS, INTERVAL TRAINING, RANDOM, FAT BURN, FITNESS TEST, HEART RATE, CONSTANT WATTS	MANUAL, ROLLING HILLS, INTERVAL TRAINING, RANDOM, FAT BURN, FITNESS TEST, HEART RATE, CONSTANT WATTS	MANUAL, ROLLING HILLS, INTERVAL TRAINING, RANDOM, FAT BURN, FITNESS TEST, HEART RATE, CONSTANT WATTS
CSAFE READY - FITLINXX™ CERTIFIED	YES	NO	NO	NO
NETPULSE COMPATIBLE	YES	NO	YES	NO
ON-THE-FLY PROGRAM CHANGE	YES	YES	YES	YES
FIT TOUCH TECHNOLOGY™	YES	YES	NO	NO
INTEGRATED VISTA CLEAR™ DIGITAL READY TELEVISION	YES - 16" / 40.6 CM CLASS PROJECTIVE CAPACITIVE TOUCH SCREEN LCD (16:9)	YES - 15" / 38.1 CM TOUCH SCREEN LCD	NO	NO
VIRTUAL ACTIVE™ COMPATIBLE	YES - INCLUDED	YES	NO	NO
FITCONNEXION™ READY	NO	NO	YES	YES
WIFI	YES	YES	YES	NO
ETHERNET PORT	YES	YES	YES	YES
WEB CONNECTIVITY	YES - CUSTOM APP INTERFACE IN ADDITION TO WEB BROWSER	NO	NO	NO
FACILITY COMMUNICATOR PORTAL/ CALENDAR	YES - PROGRAMMED THROUGH ASSET MANAGEMENT	NO	NO	NO
ASSET MANAGEMENT COMPATIBLE	YES - INCLUDED	YES	YES	NO
IPOD® COMPATIBLE	YES	YES	YES - CHARGING ONLY	NO
IPHONE® COMPATIBLE	YES	YES - CHARGING ONLY	YES - CHARGING ONLY	NO
USB PORT	YES	YES	YES	YES
MULTIMEDIA PLAYBACK	YES - THROUGH USB PORT (COMPATIBLE WITH MOST POPULAR TABLET AND SMART PHONE SYSTEMS)	NO	NO	NO
NIKE + IPOD® COMPATIBLE	NO	YES	NO	NO
PERSONAL FAN	YES	YES	YES	NO
TECH SPECS				
OVERALL DIMENSIONS L X W X H	49.8" X 25.8" X 53.6" (W/O CONSOLE) 126.3 X 65.4 X 136 CM	47.8" X 28.8" X 60.2" 121.5 X 73.2 X 152.8 CM	47.8" X 28.8" X 60.2" 121.5 X 73.2 X 152.8 CM	47.8" X 28.8" X59" 121.5 X 73.2 X 149.8 CM
CRANK DESIGN	SINGLE PIECE	SINGLE PIECE	SINGLE PIECE	SINGLE PIECE
MAXIMUM USER WEIGHT	400 LBS/182 KG	400 LBS/182 KG	400 LBS/182 KG	400 LBS/182 KG
WEIGHT	142 LBS./64.7 KG	142 LBS./64.7 KG	138 LBS./63 KG	138 LBS./63 KG
SHIPPING WEIGHT	164 LBS/74.5 KG	164 LBS/74.5 KG	160 LBS/72.6 KG	160 LBS/72.6 KG

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